

Oak Bay Swimming Pool Winter Schedule (Jan 4–Mar 14, 2021)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6:00–8:45am	Lane Swim 6:00–8:45am	Lane Swim 6:00–8:45am	Lane Swim 6:00–8:45am	Lane Swim 6:00–8:45am	Lane Swim 6:00–7:45am	Lane Swim 6:00–7:45am
Deep Water Aquafit 9:00–10:00am	Shallow Water Aquafit 9:00–10:00am	Water Works 9:00–10:00am	Shallow Water Aquafit 9:00–10:00am	Shallow Water Aquafit 9:00–10:00am		
Lane Swim 10:30am–1:30pm	Lane Swim 10:30am–1:30pm Bubble Swim Lessons	Lane Swim 10:30am–1:30pm Bubble Swim Lessons	Lane Swim 10:30am–1:30pm Bubble Swim Lessons	Lane Swim 10:30am–1:30pm	Shallow Water Aquafit 10:30–11:30am	Bubble Swim Lessons 10:30am–1:00pm
Shallow Water Energizer 1:45–2:45pm	50 & Better Shallow Water Aquafit 1:45–2:45pm	Shallow Water Energizer 1:45–2:45pm	50 & Better Shallow Water Aquafit 1:45–2:45pm	Shallow Water Energizer 1:45–2:45pm	Bubble Swim Lessons 12:00–2:30pm	Family Bubble Fun Swims Bookings 1:15–2:30pm
Registered Family Fun Swims 3:15–4:45pm	Bubble Swim Lessons 3:15–5:45pm	Bubble Swim Lessons 3:15–5:45pm	Bubble Swim Lessons 3:15–5:45pm	Registered Family Fun Swims 3:15–4:45pm	Family Bubble Fun Swims 2:45–5:00pm	
Lane Swim 5:00–5:45pm				Lane Swim 5:00–5:45pm		Lane Swim 5:15–6:00pm
Single Lane & Water Walking 6:00–7:00pm	Single Lane & Water Walking 6:00–7:00pm	Single Lane & Water Walking 6:00–7:00pm	Single Lane & Water Walking 6:00–7:00pm	Single Lane & Water Walking 6:00–7:00pm	Single Lane & Water Walking 6:15–7:15pm	Single Lane & Water Walking 6:15–7:15pm
All Sessions must be pre-registered. Lane Swims, Water Walking, Bubble Swims and Group sessions are minimum 45 minutes. Please check session length at booking.				Family Bubble Fun Swims 7:15–9:45pm	Family Bubble Fun Swims 7:30–9:45pm	Family Bubble Fun Swims 7:30–9:45pm

All children, under 7 years of age, must be accompanied in the water and remain in arms reach of a responsible adult/guardian (16 years of age or older) at all times.

Registered Family Fun Swim

Come swim, splash, and use the water slide! This swim session offers families up to 6 the opportunity to participate in a family fun-swim. Families will be responsible for maintaining 2m of physical distance from other families during this swim. Whenever possible, swimmers are encouraged to dry off on the pool deck and leave as soon as possible, as change room and shower space will have limited capacity.

Family Bubble Fun Swims

Gather your extended family or close “bubble” friends and book a private pool party! Family Bubble Fun Swims are customizable to your group’s interests with options that will be fun for the whole bubble. Email privateswim@oakbay.ca to book.

HOW TO REGISTER

- These swims are booked exclusively through the Private Swim Line: email privateswim@oakbay.ca, or call 250-370-7107 to book.
- \$125/1 hour plus tax with a 72 hour cancellation policy.

Registered Lane Swim

This 45-minute swim session offers a double lane of continuous, fast, speedo and leisure swimming. Swimmers will be responsible for maintaining 2m of physical distance from other swimmers during this swim. Swimmers will be able to select their own pool equipment i.e. kick board, pull-buoy, etc. Once they are done, they will put their used equipment in a “Used” area for cleaning.

WHEN TO REGISTER

- Sessions can be booked online, through reception or by phone at 250-595-7946.
- Registration will open at 10:00am Tuesdays for the following week’s sessions Tuesday-Monday .
- These are pre-registered single sessions.
- Regular admissions pricing or Punch Pass fees apply.
- These bookings are not linked to a specific lane. On duty lifeguards will help individuals select an appropriate swim lane when they arrive.
- Four hour cancellation policy.

Winter Aquafit Schedule (January 4–March 14, 2021)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water Aquafit with Crissy 9:00–10:00am	Shallow Water Aquafit with Nelly 9:00–10:00am	Water Works with Teri 9:00–10:00am	Shallow Water Aquafit with Nelly 9:00–10:00am	Shallow Water Aquafit with Leah 9:00–10:00am		
Shallow Water Energizer with Mary-Jane 1:45–2:45pm	50 & Better Shallow Water Aquafit with Teri 1:45–2:45pm	Shallow Water Energizer with Mary-Jane 1:45–2:45pm	50 & Better Shallow Water Aquafit with Teri 1:45–2:45pm	Shallow Water Energizer with Mary-Jane 1:45–2:45pm	Shallow Water Aquafit with Mary-Jane 10:30–11:30am	

50 & Better Shallow Water Aquafit

A mild to moderate workout designed for those aged 50 and better. Work on strength, flexibility and range of motion while increasing your cardio stamina.

Deep Water Aquafit

Work on core stability while getting an excellent cardio and strength workout. This class uses weight belts, foam dumb bells and noodles for a no-impact, high energy workout. This class is a moderate to intense level. Comfort in deep water is required.

Shallow Water Aquafit

Get moving with 50 minutes of moderate level aquatic exercises. Noodles, foam dumb bells and other equipment may be used to improve strength, flexibility and stamina.

Shallow Water Energizer

This high energy, shallow water class offers a moderate to intense workout focused on cardio and strength training.

Water Works

This class is ideal for anyone suffering from joint pain. The gentle exercise will work your muscles, increase your range of motion and ease your pain. Classes begin in chest deep water in the main pool and winds up in the warm pool.

Aquafit

Join your favourite instructor for their signature aquafit class! Teri, Nelly, Mary-Jane and Leah are back and ready to deliver a variety of in water fitness classes, ranging from mild to intense workouts.

NOTE: These 50 minute classes start 10 minutes after the scheduled time, with check-in on the start time allows 10 minutes for your daily health check, shower, and a warm up.

Look for:

- **Shallow Water Aquafit** with Nelly, Leah, and Mary-Jane.
- **Deep Water Aquafit** with Crissy.
- **Waterworks** and **50 & Better Shallow Water** with Teri.
- **Shallow Water Energizer** with Mary-Jane.

HOW TO REGISTER

- These are registered courses that run weekly for a set number of weeks. See the next page for course class information and dates. There is no single admission option.
- Registration will be ongoing until a class is full. Late registrants are welcome and will receive a pro-rated registration rate.
- Aquafit classes can be booked through Reception and online.

CANCELLATION POLICY:

For courses that are four (4) classes or more, credits/refunds must be requested before the second class. After the second class, credits/refunds are granted only for cases of illness supported by a doctor's note (other compassionate reasons may be considered).

Single Lane and Water Walking Bookings

This one hour lane booking offers individuals, and up to two other lane swimmers, or up to one other water runner, to rent their own designated pool space. Swimmers booking a swim lane must be able to swim 50m continuously as all single swim lanes will have a designated stop and start end to ensure physical distance can be maintained when resting and changing equipment. Water runners will have a choice between booking a deep end or shallow end half lane. Each booking will be provided with a place for personal belongings and a basket so desired pool equipment can be selected.

WHEN TO REGISTER

- **NEW!** Registration opens up four days in advance at 3:30pm Phone-in only. Please call 250-598-2665 (BOOK) to book a lane (i.e. Tuesday at 3:30pm phone in to book the 6:15pm lane on Saturday).
- \$14.75 per Single Swim Lane.
- \$7.50 per Water Walking Lane.
- Lanes can only be booked over the phone.
- Four hour cancellation policy.