

Aquatics Drop-in Schedule

(June 23 – July 4, 2025)

This schedule is subject to change based on staff availability.

(Final admission is 30 minutes prior to facility closure.)

OAK BAY
PARKS, RECREATION
& CULTURE

Monday June 23	Tuesday June 24	Wednesday June 25	Thursday June 26	Friday June 27	Saturday June 28	Sunday June 29
Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am
Leisure and Lengths ♦ 9:00am-12:45pm	Leisure and Lengths ♦ 9:00am-12:45pm	Leisure and Lengths ♦ 9:00am-2:30pm	Leisure and Lengths ♦ 9:00am-2:30pm	Leisure and Lengths ♦ 9:00am-2:30pm	Everyone Welcome 9:00-11:30am	Everyone Welcome 9:00-11:30am
School Swim 12:45-2:15pm (No public access during School Swim)	School Swim 12:45-2:15pm (No public access during School Swim)				Integrated Swim 11:30am-1:30pm	Leisure and Lengths ♦ 11:30am-1:30pm
Everyone Welcome 2:15-5:00pm	Everyone Welcome 2:15-5:00pm				Kids Fun Swim 1:30-4:30pm	Kids Fun Swim 1:30-4:30pm
Adult Lengths 5:00-6:30pm	Adult Lengths 5:00-6:30pm	Adult Lengths 5:00-6:30pm	Adult Lengths 5:00-6:30pm	Adult Lengths 5:00-6:30pm	Adult Lengths 4:30-6:30pm	Adult Lengths 4:30-6:30pm
Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Pride Swim 7:00-10:00pm (Admission by donation)	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm
Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm (WITH MASTERS 8:30-9:30pm)	Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm		Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm
Monday June 30	Tuesday July 1	Wednesday July 2	Thursday July 3	Friday July 4	<p>All children, under seven 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.</p> <p>School Swims: No public access during this time.</p>	
Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am	Early Bird ♦ 6:00-9:00am		
Leisure and Lengths ♦ 9:00am-2:00pm	Leisure and Lengths ♦ 9:00am-2:00pm	Everyone Welcome & Camp Lessons 9:00-11:30am	Everyone Welcome & Camp Lessons 9:00-11:30am	Everyone Welcome & Camp Lessons 9:00-11:30am		
		Leisure and Lengths ♦ 11:30am-2:00pm	Leisure and Lengths ♦ 11:30am-2:00pm	Leisure and Lengths ♦ 11:30am-2:00pm		
Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 2:00-4:30pm	Kids Fun Swim 2:00-4:30pm		
Adult Lengths 4:30-6:30pm	Adult Lengths 4:30-6:30pm	Adult Lengths 4:30-6:30pm	Adult Lengths 4:30-6:30pm	Adult Lengths 4:30-6:30pm		
Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm		
Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm	Leisure and Lengths ♦ 8:30-10:00pm		

Legend: ♦ Families are welcome in the small pool

Aquafit Schedule						
Monday June 23	Tuesday June 24	Wednesday June 25	Thursday June 26	Friday June 27	Saturday June 28	Sunday June 29
Deep/Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Deep/Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am
	Shallow Water 11:30am-12:30pm		Shallow Water 11:30am-12:30pm	Shallow Water 11:30am-12:30pm		
		Shallow Water 12:45-1:45pm				
Monday June 30	Tuesday July 1	Wednesday July 2	Thursday July 3	Friday July 4		
Deep/Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Deep/Shallow Water 7:45-8:45am		
	Shallow Water 11:30am-12:30pm		Shallow Water 11:30am-12:30pm	Shallow Water 11:30am-12:30pm		
Shallow Water 12:45-1:45pm		Shallow Water 12:45-1:45pm				

Swim Session Descriptions

Adult Length Swim

An evening adult-only length swim with lane and leisure space available to adults aged 16 and up.

Early Bird Swim

Early morning length swimming, leisure space and drop-in aquafit classes seven days a week for a special rate. Families are welcome to enjoy the small pool and children 12 years or younger may swim lengths when accompanied by an adult.

Everyone Welcome Swim

Featuring two waterslides, inflatable toys, rope swings, games and more. Swimmers of all ages are welcome. Length swimming space is not available.

Integrated Swim

Swimmers with disabilities are welcome to enjoy the pool free of charge. Free admission includes one person with a disability and up to two family members or friends. The pool offers an on-deck lift and specialized changing facilities. Length swimming, leisure space and the Blue Slidewinder will be available.

Please Note: During this swim, the entire pool area is open and accessible to meet the needs of integrated swim participants, and all changeroom spaces are prioritized for integrated swim participants and their changing needs until 1:30pm.

Kids Fun Swim

An action-packed swim for kids and families featuring theme days, two waterslides, inflatable toys, rope swings, games, and prizes. Swimmers of all ages are welcome. Length swimming space is not available

Leisure and Lengths

Offers length swimming, leisure space and drop-in aquafit classes. Families are welcome to enjoy the small pool and children 12 years or younger may swim lengths when accompanied by an adult. Tuesday evenings from 8:30–9:30pm Drop-in Masters Swim.

Masters Swim

A supervised drop-in swimming workout for swimmers of all ages.

School Swim

A time for local schools to enjoy the pool. The pools, sauna and steam room are not available to the public during this time.

Aquafit Description

Shallow Water Aquafit

Get moving with 60 minutes of moderate to high energy aquatic exercises. Noodles, foam dumb bells and other equipment may be used to improve cardio strength, flexibility, and stamina.