

# Aquatics Drop-in Schedule

March 14 – March 29, 2026



This schedule is subject to change based on staff availability.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Bird ♦</b> 6:00-9:00am	<b>Early Bird ♦</b> 6:00-9:00am	<b>Early Bird ♦</b> 6:00-9:00am	<b>Early Bird ♦</b> 6:00-9:00am	<b>Early Bird ♦</b> 6:00-9:00am	<b>Early Bird ♦</b> 6:00-9:00am	<b>Early Bird ♦</b> 6:00-9:00am
<b>Everyone Welcome + Swim Lessons</b> 9:00-10:30am	<b>Everyone Welcome + Swim Lessons</b> 9:00-10:30am	<b>Everyone Welcome + Swim Lessons</b> 9:00-10:30am	<b>Everyone Welcome + Swim Lessons</b> 9:00-10:30am	<b>Everyone Welcome + Swim Lessons</b> 9:00-10:30am	<b>Everyone Welcome</b> 9:00-11:00am	<b>Everyone Welcome</b> 9:00-11:00am
<b>Leisure and Lengths ♦</b> 10:30am-2:00pm	<b>Leisure and Widths ♦</b> 10:30-11:30am	<b>Leisure and Lengths ♦</b> 10:30am-2:00pm	<b>Leisure and Widths ♦</b> 10:30-11:30am	<b>Leisure and Lengths ♦</b> 10:30am-2:00pm	<b>Integrated Swim</b> 11:00am-1:00pm	<b>Leisure and Lengths ♦</b> 11:00am-1:00pm
	<b>Leisure and Lengths ♦</b> 11:30am-2:00pm		<b>Leisure and Lengths ♦</b> 11:30am-2:00pm		<b>Kids Fun Swim</b> 1:00-4:30pm	<b>Kids Fun Swim</b> 1:00-4:30pm
<b>Kids Fun Swim</b> 2:00-4:30pm	<b>Kids Fun Swim</b> 2:00-4:30pm	<b>Kids Fun Swim</b> 2:00-4:30pm	<b>Kids Fun Swim</b> 2:00-4:30pm	<b>Kids Fun Swim</b> 2:00-4:00pm		
<b>Adult Lengths</b> 4:30-6:30pm	<b>Adult Lengths</b> 4:30-6:30pm	<b>Adult Lengths</b> 4:30-6:30pm	<b>Adult Lengths</b> 4:30-6:30pm	<b>Parent &amp; Tot</b> 4:00-5:00pm	<b>Adult Lengths</b> 4:30-6:30pm	<b>Adult Lengths</b> 4:30-6:30pm
<b>Everyone Welcome</b> 6:30-8:30pm	<b>Everyone Welcome</b> 6:30-8:30pm	<b>Everyone Welcome</b> 6:30-8:30pm	<b>Everyone Welcome</b> 6:30-8:30pm	<b>Adult Lengths</b> 5:00-6:30pm	<b>Everyone Welcome</b> 6:30-8:30pm	<b>Everyone Welcome</b> 6:30-8:30pm
<b>Leisure and Lengths ♦</b> 8:30-10:00pm	<b>Leisure and Lengths ♦</b> 8:30-10:00pm (WITH MASTERS 8:30-9:30pm)	<b>Leisure and Lengths ♦</b> 8:30-10:00pm	<b>Leisure and Lengths ♦</b> 8:30-10:00pm (WITH MASTERS 8:30-9:30pm)	<b>Everyone Welcome</b> 6:30-8:30pm	<b>Leisure and Lengths ♦</b> 8:30-10:00pm	<b>Leisure and Lengths ♦</b> 8:30-10:00pm
				<b>Leisure and Lengths ♦</b> 8:30-10:00pm		

## Aquafit Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Deep/Shallow Water</b> 7:45-8:45am	<b>Shallow Water</b> 7:45-8:45am	<b>Deep/Shallow Water</b> 7:45-8:45am	<b>Shallow Water</b> 7:45-8:45am	<b>Shallow Water</b> 7:45-8:45am	<b>Shallow Water</b> 7:45-8:45am	<b>Deep/Shallow Water</b> 7:45-8:45am
	<b>Shallow Water</b> 10:30-11:30am		<b>Shallow Water</b> 10:30-11:30am			
<b>50 &amp; Better</b> 11:15-12:15pm		<b>50 &amp; Better</b> 11:15-12:15pm		<b>50 &amp; Better</b> 11:15-12:15pm		
<b>Shallow Water</b> 12:45-1:45pm		<b>Shallow Water</b> 12:45-1:45pm				
	<b>50 &amp; Better Shallow Water</b> 1:45-2:45pm		<b>50 &amp; Better Shallow Water</b> 1:45-2:45pm			
<b>Deep Water</b> 7:00-8:00pm		<b>Deep Water</b> 7:00-8:00pm				

Legend: \* Registered Class ♦ Families are welcome in the small pool

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.

# Swim Session Descriptions

## 50 & Better Swim

A time for swimmers aged 50 and up, to enjoy length swimming, leisure space, 50+ swimming lessons and drop-in aquafit classes. Adults under the age of 50 are welcome to share the sauna, steam room and hot tub.

## 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. Drop-in Deep Water aquafit classes share the pool on Monday and Wednesday evening from 6:30–7:30pm.

## 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

A time for swimmers age 13+ to enjoy length swimming, quiet leisure space, and Aquafit classes. Families welcome in the small pool. Any children 12 years and under must be accompanied in the water by an adult age 16+ to swim lengths or enjoy the small pool.

Tuesday and Thursday evenings from 8:30–9:30pm Drop-in Masters Swim.

## Leisure and Widths

Width swimming is available in the deep end of the main pool while aquafit takes place in the shallow end. Families are welcome to enjoy the small pool and children 12 years or younger may swim widths when accompanied by an adult.

## Masters Swim

A supervised drop-in swimming workout for swimmers of all ages. Tuesdays and Thursdays from 8:30–9:30pm.

## Parent and Tot Swim

A quiet time in the small pool for parents and children under the age of 7. The main pool is unavailable during this swim.

## 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. For rental inquiries email [ccarlson@oakbay.ca](mailto:ccarlson@oakbay.ca)

## Swim Lessons

Lessons are offered for all ages and abilities. The sauna and steam room are available to the public during swim lessons, but all pools, including the hot tub, are closed.

# Aquafit Descriptions

## 50 & Better Aquafit

A mild to moderate workout designed for those aged 50 & 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 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.

NOTE: Final admission is 30 minutes prior to facility closure.