

Aquatics Drop-in Schedule

(September 8 – December 20, 2026)

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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure and Lengths ♦ 6:00am-3:00pm	Leisure & Lengths ♦ 6:00-9:00am	Leisure & Lengths ♦ 6:00-9:00am	Leisure & Lengths ♦ 6:00-9:00am	Leisure and Lengths ♦ 6:00am-1:00pm	Leisure & Lengths ♦ 6:00-9:00am	Leisure & Lengths ♦ 6:00-9:00am
	Lesson & Lengths 9:00-10:30am	Lesson & Lengths 9:00-10:30am	Lesson & Lengths 9:00-10:30am		Swim Lessons 9:00-11:30am	Swim Lessons 9:00am-12:00pm
	Leisure and Widths ♦ 10:30-11:30am	Leisure and Lengths ♦ 10:30am-3:00pm	Leisure and Widths ♦ 10:30-11:30am	School Swim 1:00-3:00pm (No public access during School Swim)	Inclusive (Integrated) Swim 11:30am-1:00pm	Lesson and Leisure 12:00-1:00pm
Everyone Welcome 3:00-5:00pm	Leisure and Lengths ♦ 11:30am-1:30pm	Swim Lessons 3:00-5:00pm	Leisure and Lengths ♦ 11:30am-1:30pm	Lesson and Leisure 3:00-5:00pm	Kids Fun Swim 1:15-4:30pm	Kids Fun Swim 1:00-4:30pm
Adult Lengths 5:00-6:30pm	50 & Better 1:30-3:00pm	Adult Lengths 5:00-6:30pm	50 & Better 1:30-3:00pm	Adult Lengths 5:00-6:30pm	Adult Lengths 4:30-6:30pm	Adult Lengths 4:30-6:30pm
Everyone Welcome 6:30-8:30pm	Swim Lessons 3:00-7:00pm	Everyone Welcome 6:30-8:30pm	Swim Lessons 3:00-7:00pm	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	Adult Lengths 7:00-8:30pm	Leisure and Lengths ♦ 8:30-10:00pm	Adult Lengths 7:00-8:30pm	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 (WITH MASTERS)		Leisure and Lengths ♦ 8:30-10:00pm (WITH MASTERS)			

Aquafit Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep/Shallow 7:45-8:45am	Shallow Water 7:45-8:45am	Deep/Shallow 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Deep/Shallow 7:45-8:45am
Shallow Water 9:00-10:00am				Shallow Water 9:00-10:00am		
Waterworks* 10:00-11:00am	Shallow Water 10:30-11:30am	Waterworks* 10:15-11:15am	Shallow Water 10:30-11:30am	Waterworks* 10:00-11:00am		
50 & Better 11:15am-12:15pm		50 & Better 11:15am-12:15pm		50 & Better 11:15am-12:15pm		
Shallow Water 12:45-1:45pm		Shallow Water 12:45-1:45pm				
Deep Water 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 Lessons: The hot tub, sauna and steam room are available.

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.

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 evening from 7:00–8:00pm.

Inclusive Swim (previously called Integrated)

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 1:15pm.

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 with children are welcome to enjoy the small pool and children 12 years or younger may swim lengths when accompanied by an adult. All Leisure & Lengths swim times will utilize a double lane pattern.

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 with children 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.

Lesson and Leisure Swim

Offers leisure space in 1 lane of main pool, leisure space in the small pool and access to hot tub, sauna & steam room. Access to the main pool is limited to 1 lane during this swim.

Lesson and Length Swim

Offers leisure & length swimming space in 5 lanes of main pool, and access to hot tub, sauna & steam room. Access to the small pool is unavailable during this swim. Children 12 years or younger may swim lengths when accompanied by an adult.

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 call 250-370-7108.

Swim Lessons

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