

# 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 ♦<br>6:00am-3:00pm | Leisure & Lengths ♦<br>6:00-9:00am                       | Leisure & Lengths ♦<br>6:00-9:00am      | Leisure & Lengths ♦<br>6:00-9:00am                       | Leisure and Lengths ♦<br>6:00am-1:00pm                              | Leisure & Lengths ♦<br>6:00-9:00am                        | Leisure & Lengths ♦<br>6:00-9:00am                          |
|                                        | Lesson & Lengths<br>9:00-10:30am                         | Lesson & Lengths<br>9:00-10:30am        | Lesson & Lengths<br>9:00-10:30am                         |                                                                     | Swim Lessons<br>9:00-11:30am<br>(EVERYONE WELCOME OCT 10) | Swim Lessons<br>9:00am-12:00pm<br>(EVERYONE WELCOME OCT 11) |
|                                        | Aquafit and Widths ♦<br>10:30-11:30am                    | Leisure and Lengths ♦<br>10:30am-3:00pm | Aquafit and Widths ♦<br>10:30-11:30am                    | School Swim<br>1:00-3:00pm<br>(No public access during School Swim) | Inclusive (Integrated) Swim<br>11:30am-1:00pm             | Lesson and Leisure ♦^<br>12:00-1:00pm                       |
| Everyone Welcome<br>3:00-5:00pm        | Leisure and Lengths ♦<br>11:30am-1:30pm                  | Swim Lessons<br>3:00-5:00pm             | Leisure and Lengths ♦<br>11:30am-1:30pm                  | Lesson and Leisure ♦^<br>3:00-5:00pm                                | Kids Fun Swim<br>1:15-4:30pm                              | Kids Fun Swim<br>1:00-4:30pm                                |
| Adult Lengths<br>5:00-6:30pm           | 50 & Better<br>1:30-3:00pm                               | Adult Lengths<br>5:00-6:30pm            | 50 & Better<br>1:30-3:00pm                               | Adult Lengths<br>5:00-6:30pm                                        | Adult Lengths<br>4:30-6:30pm                              | Adult Lengths<br>4:30-6:30pm                                |
| Everyone Welcome<br>6:30-8:30pm        | Swim Lessons<br>3:00-7:00pm                              | Everyone Welcome<br>6:30-8:30pm         | Swim Lessons<br>3:00-7:00pm                              | Everyone Welcome<br>6:30-8:30pm                                     | Everyone Welcome<br>6:30-8:30pm                           | Everyone Welcome<br>6:30-8:30pm                             |
| Leisure and Lengths ♦^<br>8:30-10:00pm | Adult Lengths<br>7:00-8:30pm                             | Leisure and Lengths ♦^<br>8:30-10:00pm  | Adult Lengths<br>7:00-8:30pm                             | Leisure and Lengths ♦<br>8:30-10:00pm                               | Leisure and Lengths ♦<br>8:30-10:00pm                     | Leisure and Lengths ♦<br>8:30-10:00pm                       |
|                                        | Leisure and Lengths ♦^<br>8:30-10:00pm<br>(WITH MASTERS) |                                         | Leisure and Lengths ♦^<br>8:30-10:00pm<br>(WITH MASTERS) |                                                                     |                                                           |                                                             |

## Aquafit Schedule

| Monday                         | Tuesday                        | Wednesday                      | Thursday                       | Friday                         | Saturday                     | Sunday                      |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|------------------------------|-----------------------------|
| Deep/Shallow<br>7:45-8:45am    | Shallow Water<br>7:45-8:45am   | Deep/Shallow<br>7:45-8:45am    | Shallow Water<br>7:45-8:45am   | Shallow Water<br>7:45-8:45am   | Shallow Water<br>7:45-8:45am | Deep/Shallow<br>7:45-8:45am |
| Shallow Water<br>9:00-10:00am  |                                |                                |                                | Shallow Water<br>9:00-10:00am  |                              |                             |
| Waterworks*<br>10:00-11:00am   | Shallow Water<br>10:30-11:30am | Waterworks*<br>10:15-11:15am   | Shallow Water<br>10:30-11:30am | Waterworks*<br>10:00-11:00am   |                              |                             |
| 50 & Better<br>11:15am-12:15pm |                                | 50 & Better<br>11:15am-12:15pm |                                | 50 & Better<br>11:15am-12:15pm |                              |                             |
| Shallow Water<br>12:45-1:45pm  |                                | Shallow Water<br>12:45-1:45pm  |                                |                                |                              |                             |
| Deep Water<br>7:00-8:00pm      |                                |                                |                                |                                |                              |                             |

Legend: \* Registered Class ^ Clubs sharing pool ♦ 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 Sessions

| Swim Session                 | Age Requirements                                                     | Length Swimming | Width Swimming | Leisure Activities | Small Pool | Hot Tub/Sauna /Steam Room | Toys/Activities /Waterslides |
|------------------------------|----------------------------------------------------------------------|-----------------|----------------|--------------------|------------|---------------------------|------------------------------|
| <b>50 &amp; Better</b>       | <b>50yrs+</b><br>19yrs+ can use hot tub, sauna, & steam room         | ✓               |                | ✓                  | ✓          | ✓                         |                              |
| <b>Adult Lengths</b>         | <b>16yrs+</b>                                                        | ✓               |                | ✓                  | ✓          | ✓                         |                              |
| <b>Inclusive Swim</b>        | <b>All ages</b><br>Children <7 must be within arms reach of an adult | ✓               |                | ✓                  | ✓          | ✓                         | ✓                            |
| <b>Kids Fun Swim</b>         | <b>All ages</b><br>Children <7 must be within arms reach of an adult |                 |                | ✓                  | ✓          | ✓                         | ✓                            |
| <b>Everyone Welcome</b>      | <b>All ages</b><br>Children <7 must be within arms reach of an adult |                 |                | ✓                  | ✓          | ✓                         | ✓                            |
| <b>Leisure &amp; Lengths</b> | <b>13yrs+</b><br>Children <12 must be accompanied by an adult        | ✓               |                | ✓                  | ✓          | ✓                         |                              |
| <b>Aquafit &amp; Widths</b>  | <b>13yrs+</b><br>Children <12 must be accompanied by an adult        |                 | ✓              |                    | ✓          | ✓                         |                              |
| <b>Lesson &amp; Leisure</b>  | <b>13yrs+</b><br>Children <12 must be accompanied by an adult        |                 |                | ✓                  | ✓          | ✓                         |                              |
| <b>Lesson &amp; Length</b>   | <b>13yrs+</b><br>Children <12 must be accompanied by an adult        | ✓               |                |                    |            | ✓                         |                              |
| <b>School Swim</b>           | <b>No public access; school rental groups only.</b>                  |                 |                |                    |            |                           |                              |
| <b>Swim Lessons</b>          | <b>16yrs+</b>                                                        |                 |                |                    |            | ✓                         |                              |

## 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.