

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
	Aquafit and Widths ♦ 10:30-11:30am	Leisure and Lengths ♦ 10:30am-3:00pm	Aquafit 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** ^ **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
50 & Better	50yrs+ 19yrs+ can use hot tub, sauna, & steam room	✓		✓	✓	✓	
Adult Lengths	16yrs+	✓		✓	✓	✓	
Inclusive Swim	All ages Children <7 must be within arms reach of an adult	✓		✓	✓	✓	✓
Kids Fun Swim	All ages Children <7 must be within arms reach of an adult			✓	✓	✓	✓
Everyone Welcome	All ages Children <7 must be within arms reach of an adult			✓	✓	✓	✓
Leisure & Lengths	13yrs+ Children <12 must be accompanied by an adult	✓		✓	✓	✓	
Aquafit & Widths	13yrs+ Children <12 must be accompanied by an adult		✓		✓	✓	
Lesson & Leisure	13yrs+ Children <12 must be accompanied by an adult			✓	✓	✓	
Lesson & Length	13yrs+ Children <12 must be accompanied by an adult	✓				✓	
School Swim	No public access; school rental groups only.						
Swim Lessons	16yrs+					✓	

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.