

DROP-IN PROGRAMS FALL/WINTER SCHEDULE (SEPTEMBER 24, 2018 – MARCH 31, 2019)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
50M Lengths and Adult Leisure (Clubs 6–9) 5:30 a.m.–9 a.m.	50M Lengths and Adult Leisure (Clubs 6–9) 5:30 a.m.–9 a.m.	50M Lengths and Adult Leisure (Clubs 6–9) 5:30 a.m.–9 a.m.	50M Lengths and Adult Leisure (Clubs 6–9) 5:30 a.m.–9 a.m.	50M Lengths and Adult Leisure (Clubs 6–9) 5:30 a.m.–9 a.m.	50M Lengths and Adult Leisure and Clubs 6 a.m.–9 a.m.	Available for Rentals 6:30 a.m.–8:30 a.m.
25M Lengths & Clubs and Leisure and Parent & Tot (Clubs 10–11) 9 a.m.–11 a.m.	50M Lengths and Leisure and Parent & Tot 9 a.m.–11 a.m.	25M Lengths & Clubs and Leisure and Parent & Tot (Clubs 10–11) 9 a.m.–11 a.m.	50M Lengths and Leisure and Parent & Tot 9 a.m.–11 a.m.	25M Lengths & Clubs and Leisure and Parent & Tot (Clubs 10–11) 9 a.m.–11 a.m.	25M Lengths & Clubs and Lessons 9 a.m.–11 a.m.	50M Lengths & Clubs and Parent & Tot 8:30 a.m.–11 a.m.
50M Lengths and Leisure and Parent & Tot Quiet Swim - No Music 11 a.m.–1 p.m.	50M Lengths and Leisure and Parent & Tot Quiet Swim - No Music 11 a.m.–1 p.m.	50M Lengths and Leisure and Parent & Tot Quiet Swim - No Music 11 a.m.–1 p.m.	50M Lengths and Leisure and Parent & Tot Quiet Swim - No Music 11 a.m.–1 p.m.	50M Lengths and Leisure and Parent & Tot Quiet Swim - No Music 11 a.m.–1 p.m.	25M Lengths & Clubs and Family 11 a.m.–1 p.m.	50M Lengths & Clubs and Family 11 a.m.–1 p.m.
50M Lengths and Leisure and Schools 1 p.m.–3:30 p.m.	50M Lengths and Leisure and Schools 1 p.m.–3:30 p.m.	50M Lengths and Leisure and Schools 1 p.m.–3:30 p.m.	50M Lengths and Leisure and Schools 1 p.m.–3:30 p.m.	25M Everyone Welcome Swim 1 p.m.–3:30 p.m.	25M Everyone Welcome Swim 1 p.m.–3:30 p.m.	25M Everyone Welcome Swim 1 p.m.–3:30 p.m.
25M Lengths & Clubs and Lessons and Family 3:30 p.m.–5 p.m.	25M Lengths & Clubs and Family 3:30–5:30 p.m.	25M Lengths & Clubs and Lessons and Family 3:30 p.m.–5 p.m.	25M Lengths & Clubs and Family 3:30–5:30 p.m.	25M Lengths & Clubs and Family 3:30 p.m.–7 p.m.	25M Lengths & Clubs and Family 3:30 p.m.–6 p.m.	25M Lengths & Clubs and Lessons and Family 3:30 p.m.–6 p.m.
25M Lengths & Clubs and Family 5 p.m.–7 p.m.	Lessons and Clubs 5:30–7:30 p.m.	25M Lengths & Clubs and Family 5 p.m.–7 p.m.	Lessons and Clubs 5:30–7:30 p.m.			
25M Everyone Welcome Swim and Clubs 7 p.m.–9 p.m. Youth \$1 Adults \$2	Clubs and Adult Leisure 7:30–9:30 p.m. \$2 after 9 p.m.	25M Everyone Welcome Swim and Clubs 7 p.m.–9 p.m.	Clubs and Adult Leisure 7:30–9:30 p.m. \$2 after 9 p.m.	25M Everyone Welcome Swim 7 p.m.–8:30 p.m. Youth \$2	Available for Rentals at 6:30 p.m.	Available for Rentals at 6:30 p.m.
50M Lengths and Adult Leisure 9 p.m.–11 p.m. \$2	50M Lengths and Adult Leisure 9:30 p.m.–11 p.m. \$2	50M Lengths and Adult Leisure 9 p.m.–11 p.m. \$2	50M Lengths and Adult Leisure 9:30 p.m.–11 p.m. \$2	Everyone Welcome Swim 8:30–10 p.m. \$2		

Lifeguards may require up to 15 minutes to change the lane-rope configuration at the beginning and end of each swim. Last entry into the facility is 30 minutes prior to closing. All patrons must exit facility within 30 minutes after closing. At all times we guarantee adult leisure access to the sauna, steam room and hot tub. Patrons must be out of the changerooms 20 mins after closing.

Admission (Prices include tax)	Single	10 punch	1 Month	3 Month	Silver Annual	Gold Annual
Adult (18–59)	\$5.80	\$52.05	\$57.80	\$130	\$348.20	\$379.25
Senior/Student*	\$4.55	\$40.75	\$45.25	\$101.75	\$268.75	\$292.75
Youth (13–17)	\$3.50	\$31.35	\$34.80	\$78.35	N/A	\$226.30
Child (6–12)**	\$3	\$26.95	\$29.95	\$67.25	N/A	\$191.90
Preschool (0–5)	FREE	FREE	FREE	FREE	FREE	FREE
Family***	\$11.70	\$104.10	N/A	N/A	N/A	N/A
Corporate†	N/A	N/A	N/A	N/A	N/A	\$284.45

Greater Victoria Regional Pass \$492 (includes GST) includes access to all municipal recreation centres in Greater Victoria.

CRYSTAL POOL PASSES: Access the pool, weight room and cardio areas and any of our drop-in fitness and aquafit classes.

GOLD	SILVER
All hours of operation.	Monday–Friday: 9 a.m.–4 p.m. & 7 p.m.–11 p.m. Saturday and Sunday: All hours open.

DROP-IN SWIM DESCRIPTIONS

Note: At all times (except Fridays after 8:30 p.m.) we guarantee adult leisure access to the sauna, steam room, and hot tub.

Leisure

At this time space is available in the main pool for leisure activities. Specified Adult Leisure swims are for adults (16yrs+) only.

Everyone Welcome Swim

At this time we have something for everyone... Ride the waterslide, shoot some hoops, swim lengths, relax in the sauna or steam room, play in the small pools, or swim lengths. Diving boards are available on Fridays and weekends.

Family Swim

This is an ideal time for the family to get together and enjoy the shallow end of the main pool, basketball net, and the tot's pools. The rectangle tot's pool may be shared with programs during lesson and club times. One adult must accompany children in the water.

Parent & Tot

Children (5yrs and under) are welcome in tots pools when accompanied by an adult.

Clubs

During this time clubs will be using up to 8 lanes in the main pool. Lanes that are not in use by clubs may be available for public swimming.

Schools

During this time school groups will be using the tots pools and up to 2 lanes in the main pool.

Lessons

During this time Crystal Pool Community Lessons will have reserved space in the main pool and in the tot's rectangle pool. *Participants registered in swim lessons may practice or play on the same day they are registered in the shallow end of the main pool or the triangle pool during lesson times. Children must be accompanied in the water by one paying adult (\$2 admission).

Looking for Length Swimming?

LENGTHS	EVERYONE WELCOME SWIM	LENGTHS & CLUBS
A minimum of 3 lanes will be available for public length swimming during this time.	A minimum of 2 lanes will be available for public length swimming during this time.	Many lanes may be in use by swim clubs, however, a minimum of 2 lanes will be available for public length swimming during this time.

FALL 2018 WINTER 2019

DROP-IN SCHEDULES

Crystal Pool and Fitness Centre

2275 Quadra Street

SWIMMING

AQUAFIT

FITNESS



250.361.0732
victoria.ca/recreation

DROP-IN PROGRAMS FALL/WINTER SCHEDULE (SEPTEMBER 24, 2018 – MARCH 31, 2019)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqualite – MILD A complete cardio, strength, endurance and flexibility shallow water work out with zero impact.	9:05 a.m.– 10 a.m. & 11:05 a.m.– Noon		9:05 a.m.– 10 a.m. & 11:05 a.m.– Noon		9:05 a.m.– 10 a.m. & 11:05 a.m.– Noon	
Deep H2O Aquafit – MODERATE A deep water zero impact workout using a flotation belt.		9:05 a.m.– 10 a.m.		9:05 a.m.– 10 a.m.		
Shallow H2O Aquafit – MODERATE A cardio and strength workout that uses water resistance to stretch and tone.	10:05 a.m.– 11 a.m.	10:05 a.m.– 11 a.m.	10:05 a.m.– 11 a.m.	10:05 a.m.– 11 a.m.	10:05 a.m.– 11 a.m.	11:05 a.m.– 12 p.m.
Shallow Cardio Blast – INTENSE A challenging class that focuses on high energy cardio moves.	5:30 p.m.– 6:30 p.m.		5:30 p.m.– 6:30 p.m.		5:30 p.m.– 6:30 p.m.	

REGISTERED PROGRAMS

These courses have limited space and will only be taught by instructors with specialty training.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW! Aqua Yoga – MILD This class focuses on breath, gentle stretches, strengthening and mindful movement.						8–9 a.m.
Aquatherapy – MILD A water therapy program with a certified kinesiologist from Pro-Motion Rehab.			12:15 p.m.– 1 p.m.		12:15 p.m.– 1 p.m.	
Baby & Me – MODERATE This program includes baby & me aquafitness class and some water safety skills for your little one.		3:15–4 p.m.				
H2O Turbo Bootcamp – INTENSE A well balanced class of energetic cardio & strength circuits.	6:30 p.m.– 7:20 p.m.					
Aqua Cross – INTENSE For those seeking the next level of fitness using the maximum resistance and support of the water in each W.O.D.			6:30 p.m.– 7:20 p.m.			

Which classes are right for you?

MILD	Perfect for seniors or those living with arthritis, fibromyalgia or other joint/tissue conditions. Also a great way to exercise during pregnancy or for those recovering from injury.
MODERATE	You set your own pace. Instructors will provide options to increase difficulty and intensity for those who are looking for a little bit extra.
INTENSE	For those looking to quickly improve cardiovascular and muscular fitness. These classes are designed to get your heart rate up.

Fitness Centre

The fitness centre is available to those 16 years and older. If you are 13–15 years, you may use the equipment during supervised times or when accompanied by a parent or guardian, or on your own once you have completed a Teen Weightroom Orientation. For more information call 250.361.0732.

DROP-IN PROGRAMS FALL/WINTER SCHEDULE (SEPTEMBER 24, 2018 – MARCH 31, 2019)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Abs Attack 8:45 a.m.–9:15 a.m.	Stretch & Strength 8:45 – 9:15 a.m.	Abs Attack 8:45 a.m.–9:15 a.m.		Stretch & Strength 8:45 – 9:15 a.m.
Hi/Lo Combo 9:15 a.m. – 10:15 a.m.	Body Sculpt 9:15 – 10:15 a.m.	Hi/Lo Combo 9:15 a.m. – 10:15 a.m.		Body Sculpt 9:15 a.m. – 10:15 a.m.
Boot Camp Noon – 12:50 p.m.	Flow Yoga Noon – 12:50 p.m.	Boot Camp Noon–12:50 p.m.	Spintervals Noon – 12:50 p.m.	Boot Camp Noon–12:50 p.m.
Interval Body Sculpt 5:30 – 6:30 p.m.	Butt, Legs & Tummy 5:30–6:30 p.m.	Body Sculpt 5:30–6:30 p.m.	Core & More 5:30 – 6:30 p.m.	Metabolic Training 5:30–7 p.m.
	Athletic Conditioning 6:30 – 7:30 p.m.		Strength Conditioning 6:30 – 7:30 p.m.	

DROP-IN FITNESS CLASS DESCRIPTIONS

Abs Attack

30min of abdominal work, core strengthening and flexibility.

Athletic Conditioning

Challenging complex compound movements using a variety of training techniques. Challenge your body and your mind.

Body Sculpt

Tone your muscles and shape your body in this strength and cardio building class.

Boot Camp

An intense workout designed to improve strength, stability and agility.

Butt, Legs & Tummy (BLT)

A new class focusing on the lower body and abdominals.

Core & More

Improve your balance and strengthen you core muscle groups. Great for building muscle endurance and stability

Hi/Lo Combo

Energetic movement with hi/lo combos to enhance fat burning and cardiovascular efficiency.

Interval Body Sculpt

Tone your muscles using light weights for muscular endurance.

Metabolic Training

Super intense cardio and fat burning to get a sweat on and your heart pounding. Bring water and a towel!

NEW! Flow Yoga

The practice of moving with your breath continuously, mindfully and slowly. This is a gentle yet dynamic class suited for all levels. Focuses on strength, core, balance and breath.

Stretch & Strength

Improve your strength and flexibility in this 30 minutes class. Great for your joints!

Strength Conditioning

Weight train in a class? You bet! Strength and power exercises to make your body stronger and toned.

NEW! Spintervals

An intense high energy class that combines spin bike exercise with strength training for a complete workout.

Childminding Services (0–8 years)



Monday – Friday, 9 a.m. – Noon

Enjoy the many activities the Crystal Pool and Fitness Centre has to offer while your little one receives quality childcare with crafts, creative play, painting and more.

Childminding fees: \$3/hr or \$27/10 hours

Please see the front desk for more information or call 250.361.0732.

For infants 0–12 months, please pre-book on the morning of use.