

# Crystal Pool Aquatics Drop-In Schedule (Effective Sept. 7, 2021)

MON	TUE	WED	THU	FRI	SAT	SUN
<b>5:30–9 a.m. <sup>Δ</sup></b> 50M Lengths, Clubs, Adult Leisure	<b>5:30–9 a.m.</b> 50M Lengths, Clubs, Adult Leisure	<b>5:30–9 a.m. <sup>Δ</sup></b> 50M Lengths, Clubs, Adult Leisure	<b>5:30–9 a.m.</b> 50M Lengths, Clubs, Adult Leisure	<b>5:30–9 a.m. <sup>Δ</sup></b> 50M Lengths, Clubs, Adult Leisure		
<b>9:15–11 a.m.</b> 25M Lengths, Adult Leisure, Parent & Tot, Aquafit <b>10 a.m.</b> Shallow Aquafit <b>10 a.m.</b> Silver Streaks Swim Program	<b>9–11 a.m.</b> 50M Lengths, Parent & Tot, Aquafit <b>9 a.m.</b> Shallow Aquafit <b>10 a.m.</b> Deep Aquafit	<b>9:15–11 a.m.</b> 25M Lengths, Adult Leisure, Parent & Tot, Aquafit <b>10 a.m.</b> Shallow Aquafit <b>10 a.m.</b> Silver Streaks Swim Program	<b>9–11 a.m.</b> 50M Lengths, Adult Leisure, Parent & Tot	<b>9:15–11 a.m.</b> 25M Lengths, Adult Leisure, Parent & Tot, Aquafit <b>10 a.m.</b> Shallow Aquafit <b>10 a.m.</b> Silver Streaks Swim Program	<b>8:30–11 a.m.</b> Clubs, Lessons, Adult Leisure Warm pools reserved for programs	<b>8:30–11 a.m.</b> 50M Lengths, Clubs, Adult Leisure, Parent & Tot
<b>11 a.m.–1 p.m.</b> 25M Lengths, Adult Leisure, Parent & Tot, Aquafit <b>11 a.m.</b> Aqualite	<b>11 a.m.–1 p.m.</b> 50M Lengths, Adult Leisure, Parent & Tot <b>11:30 a.m.</b> Aquatic Tai Chi Warm pools reserved from 11-11:30 for programs	<b>11 a.m.–1 p.m.</b> 25M Lengths, Adult Leisure, Parent & Tot, Aquafit <b>11 a.m.</b> Aqualite	<b>11 a.m.–1 p.m.</b> 50M Lengths, Adult Leisure, Parent & Tot	<b>11 a.m.–1 p.m.</b> 25M Lengths, Adult Leisure, Parent & Tot, Aquafit <b>11 a.m.</b> Aqualite	<b>11 a.m.–1 p.m.</b> 25M Lengths, Adult Leisure, Parent & Tot	<b>11 a.m.–12:45 p.m. <sup>Δ</sup></b> 50M Lengths, Adult Leisure, Parent & Tot
<b>1–3:30 p.m.</b> 25M Lengths, Adult Leisure, Therapy Groups Warm pools closed Quiet swim – no music	<b>1–3:15 p.m. <sup>Δ</sup></b> 50M Lengths, Adult Leisure, Therapy Groups Warm pools closed Quiet swim – no music	<b>1–3:30 p.m.</b> 25M Lengths, Adult Leisure, Therapy Groups Warm pools closed Quiet swim – no music	<b>1–3:15 p.m. <sup>Δ</sup></b> 50M Lengths, Adult Leisure, Therapy Groups Warm pools closed Quiet swim – no music	<b>1–3:30 p.m.</b> 25M Lengths, Adult Leisure, Therapy Groups Warm pools closed Quiet swim – no music	<b>1–3:15 p.m. <sup>Δ</sup></b> Everyone Welcome Swim	<b>1–3:30 p.m.</b> Everyone Welcome Swim
<b>3:30–5:30 p.m.</b> 25M Lengths, Lessons, Clubs, Adult Leisure Warm pools reserved for programs	<b>3:30–5:30 p.m.</b> 25M Lengths, Clubs, Family & Youth Swim	<b>3:30–5:30 p.m.</b> 25M Lengths, Lessons, Clubs, Adult Leisure Warm pools reserved for programs	<b>3:30–5:30 p.m.</b> 25M Lengths, Clubs, Family & Youth Swim	<b>3:30–5:30 p.m.</b> 25M Lengths, Lessons, Clubs, Adult Leisure Warm pools reserved for programs	<b>3:30–6 p.m.</b> 50M Lengths, Clubs, Family & Youth Swim	<b>3:30–6 p.m.</b> Clubs, Lessons, Adult Leisure Warm pools reserved for programs
<b>5:30–7 p.m.</b> Clubs, Family & Youth Swim <b>5:45 p.m.</b> Aqua Yoga Warm pools reserved for programs	<b>5:30–7:45 p.m.</b> 25M Lengths, Lessons, Clubs, Adult Leisure Warm pools reserved for programs	<b>5:30–7 p.m.</b> Clubs, Family & Youth Swim <b>5:30 p.m.</b> Cardio Blast Aquafit	<b>5:30–7:45 p.m.</b> Lessons, Clubs, Adult Leisure Warm pools reserved for programs	<b>5:30–7 p.m.</b> 25M Lengths, Clubs, Family & Youth Swim <b>5:45 p.m.</b> Aqua Yoga Warm pools reserved for programs	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Drop-In Aquafit</li> <li><span style="color: lightblue;">■</span> Quiet swim - no music</li> <li><span style="color: lightcoral;">■</span> Warm pools are not available</li> <li><span style="color: lightgreen;">■</span> Registered program - please see the Aquatics program flyer for more information</li> </ul>	
<b>7–9 p.m.</b> 25M Lengths, Clubs, Family & Youth Swim	<b>7:45–9 p.m.</b> Clubs, Family & Youth Swim	<b>7–9 p.m.</b> 25M Lengths, Clubs, Family & Youth Swim	<b>7:45–9 p.m.</b> Clubs, Family & Youth Swim	<b>7–9 p.m.</b> Everyone Welcome Swim		

<sup>Δ</sup>Main pool closes briefly at end of session for lane rope change

Crystal Pool closes at 9 p.m. Monday to Friday and 6 p.m. on Saturday and Sunday. Last exit must be prior to this time.



FALL 2021

# Crystal Pool Aquatics

## Drop-In Swim Descriptions

**50M Lengths** – Swimmers share with up to eight people in a single lane and up to 16 people in a double lane. Swimmers should choose the lane that best fits their needs and be prepared to adjust based on lifeguard direction. If clubs are listed in the same time block, length swimmers should be prepared for reduced lane availability.

**25M Lengths** – Swimmers share with up to four people in a single lane and up to eight people in a double lane. Swimmers should choose the lane that best fits their needs and be prepared to adjust based on lifeguard direction. If clubs are listed in the same time block, length swimmers should be prepared for reduced lane availability.

**Adult Leisure (16+)** – Space is open in the main pool for adults (16+ years) to do independent leisure activities (water walking, therapy, gentle exercises, etc.).

**Parent & Tot** – The warm pools are set aside for adults with children 0-5 years old. Each adult may bring up to three children per visit. Remember, children must be within arms' reach. Warm pools are not available during times highlighted in red on the pool schedule.

**Family & Youth Swim** – This is a great opportunity for the family to get together and enjoy the pool! Diving boards are not available during this time but there is lots of pool space to play. Children under age 12 must be accompanied by a responsible adult (16+ years). Remember, children under age seven must be within arms' reach. Warm pools are not available during times highlighted in red on the pool schedule.

**Everyone Welcome Swim** – There's something for everyone during this swim. Ride the waterslide, relax in the sauna or steam room, play in the warm pools, or leap off the diving boards. Children under age eight must be accompanied by a responsible adult (16+ years). Remember, children under age seven must be within arms' reach. Two lanes are also available for length swimming.

## Drop-In Aquafit

**Shallow Aquafit** – A cardio and strength workout that is low impact and customizable for all fitness levels.

**Deep Aquafit** – A deep water, zero impact workout using a flotation belt.

**Aqualite** – A gentler aquafit class that focuses on flexibility, range of motion, and stability while increasing fitness.

**Cardio Blast Aquafit** – A more challenging class that focuses on high energy cardio moves and strength work.

Find full facility hours, drop-in rates and pass information at [victoria.ca/crystalpool](https://victoria.ca/crystalpool)