



FALL 2022

# Crystal Pool Aquatics Drop-In Schedule (Effective September 26-December 16, 2022)

Check [victoria.ca/crystalpool](http://victoria.ca/crystalpool) for schedule changes

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>6:45 a.m.</b> Aqua Yoga		
<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, 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, 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>8:30–11 a.m.</b> 25M Lengths, Lessons, Clubs, Adult Leisure  Warm pools closed	<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 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, Family & Youth Swim  <b>11 a.m.</b> Baby & Me Aquafit	<b>11 a.m.–12:45 p.m. <sup>Δ</sup></b> 50M Lengths, Clubs, Family & Youth Swim
<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> Everyone Welcome Swim	<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 closed	<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 closed	<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 closed	<b>3:30–6 p.m.</b> 50M Lengths, Family & Youth Swim	<b>3:30–6 p.m.</b> 25M Lengths, Lessons, Clubs, Adult Leisure  Warm pools closed
<b>5:30–7 p.m.</b> Clubs, Family & Youth Swim  <b>5:45 p.m.</b> Aqua Yoga  Warm pools closed	<b>5:30–7:30 p.m.</b> Lessons, Clubs, Adult Leisure  Warm pools closed	<b>5:30–7 p.m.</b> Clubs, Family & Youth Swim  <b>5:30 p.m.</b> Cardio Blast Aquafit	<b>5:30–7:30 p.m.</b> Lessons, Clubs, Adult Leisure  Warm pools closed	<b>5:30–7 p.m.</b> 25M Lengths, Clubs, Family & Youth Swim  <b>5:30 p.m.</b> Cardio Blast Aquafit	<div style="border: 1px solid #ccc; padding: 5px;"> <p><span style="color: #ffc107;">■</span> <b>Drop-In Aquafit</b></p> <p><span style="color: #17a2b8;">■</span> <b>Registered program</b> - please see the Aquatics program flyer for more information</p> <p><span style="color: #dc3545;">■</span> <b>Warm pools reserved for programs</b></p> </div>	
<b>7–9 p.m.</b> 25M Lengths, Clubs, Family & Youth Swim	<b>7:30–9 p.m.</b> Clubs, Family & Youth Swim	<b>7–9 p.m.</b> 25M Lengths, Clubs, Family & Youth Swim	<b>7:30–9 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 2022 Crystal Pool Aquatics



## Drop-In Swim Descriptions

**50M Lengths** – 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 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 lesson times, and some program times.

**Quiet Swim** – Quiet swims are 1-3:15 p.m. Monday to Thursday. During this time, the warm pools are closed and the main pool and hot tub are open for length swimming and adult leisure (water walking, therapy exercises, etc.). This music-free time is calm and enjoyable for those with noise sensitivity, brain injury or other neurological conditions, and is ideal for those wanting to avoid busy pool times.

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

**Lessons** – Swim lessons and programs occupy the majority of the pool space at these times. Children can swim during their programmed time only. Family swimming is not available during lessons.



## 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.



LEARN  
MORE AND  
REGISTER:

[victoria.ca/crystalpool](https://victoria.ca/crystalpool)  
250.361.0732

STATUTORY  
HOLIDAY  
CLOSURES:

National Day for Truth and Reconciliation - September 30  
Thanksgiving - October 10  
Remembrance Day - November 11