



SPRING 2023

Crystal Pool Aquatics Drop-In Schedule (Effective April 3-June 30, 2023)

Check victoria.ca/crystalpool for schedule changes

MON	TUE	WED	THU	FRI	SAT	SUN
5:30–9 a.m. ^Δ 50M Lengths, Clubs, Adult Leisure	5:30–9 a.m. 50M Lengths, Clubs, Adult Leisure	5:30–9 a.m. ^Δ 50M Lengths, Clubs, Adult Leisure	5:30–9 a.m. 50M Lengths, Clubs, Adult Leisure	5:30–9 a.m. ^Δ 50M Lengths, Clubs, Adult Leisure		
9:15–11 a.m. 25M Lengths, Adult Leisure, Parent & Tot, AquaFit 10 a.m. Shallow AquaFit 10 a.m. Silver Streaks Swim Program	9–11 a.m. 50M Lengths, Adult Leisure, Parent & Tot, AquaFit 9 a.m. Shallow AquaFit 10 a.m. Deep AquaFit	9:15–11 a.m. 25M Lengths, Adult Leisure, Parent & Tot, AquaFit 10 a.m. Shallow AquaFit 10 a.m. Silver Streaks Swim Program	9–11 a.m. 50M Lengths, Adult Leisure, Parent & Tot, AquaFit 9 a.m. Shallow AquaFit 10 a.m. Deep AquaFit	9:15–11 a.m. 25M Lengths, Adult Leisure, Parent & Tot, AquaFit 10 a.m. Shallow AquaFit 10 a.m. Silver Streaks Swim Program	8:30–11 a.m. 25M Lengths, Lessons, Clubs, Adult Leisure Warm pools closed	8:30–11 a.m. 50M Lengths, Clubs, Adult Leisure, Parent & Tot
11 a.m.–1 p.m. 25M Lengths, Adult Leisure, Parent & Tot, AquaFit 11 a.m. Aqualite	11 a.m.–1 p.m. 50M Lengths, Adult Leisure, Parent & Tot	11 a.m.–1 p.m. 25M Lengths, Adult Leisure, Parent & Tot, AquaFit 11 a.m. Aqualite	11 a.m.–1 p.m. 50M Lengths, Adult Leisure, Parent & Tot	11 a.m.–1 p.m. 25M Lengths, Adult Leisure, Parent & Tot, AquaFit 11 a.m. Aqualite	11 a.m.–1 p.m. 25M Lengths, Clubs, Family & Youth Swim 11 a.m. Baby & Me AquaFit	11 a.m.–12:45 p.m. ^Δ 50M Lengths, Clubs, Family & Youth Swim
1–3:30 p.m. 25M Lengths, Adult Leisure, Therapy Groups Warm pools closed Quiet swim – no music	1–3:15 p.m. ^Δ 50M Lengths, Adult Leisure, Therapy Groups Warm pools closed Quiet swim – no music	1–3:30 p.m. 25M Lengths, Adult Leisure, Therapy Groups Warm pools closed Quiet swim – no music	1–3:15 p.m. ^Δ 50M Lengths, Adult Leisure, Therapy Groups Warm pools closed Quiet swim – no music	1–3:30 p.m. Everyone Welcome Swim	1–3:15 p.m. ^Δ Everyone Welcome Swim	1–3:30 p.m. Everyone Welcome Swim
3:30–5:30 p.m. 25M Lengths, Lessons, Clubs, Adult Leisure Warm pools closed	3:30–5:30 p.m. 25M Lengths, Clubs, Family & Youth Swim	3:30–5:30 p.m. 25M Lengths, Lessons, Clubs, Adult Leisure Warm pools closed	3:30–5:30 p.m. 25M Lengths, Clubs, Family & Youth Swim	3:30–5:30 p.m. 25M Lengths, Lessons, Clubs, Adult Leisure Warm pools closed	3:30–6 p.m. 50M Lengths, Family & Youth Swim	3:30–6 p.m. 25M Lengths, Lessons, Clubs, Adult Leisure Warm pools closed
5:30–7 p.m. Clubs, Family & Youth Swim 5:45 p.m. Aqua Yoga Warm pools closed	5:30–7:30 p.m. Lessons, Clubs, Adult Leisure Warm pools closed	5:30–7 p.m. Clubs, AquaFit, Family & Youth Swim 5:30 p.m. Cardio Blast AquaFit	5:30–7:30 p.m. Lessons, Clubs, Adult Leisure Warm pools closed	5:30–7 p.m. 25M Lengths, Clubs, AquaFit, Family & Youth Swim 5:30 p.m. Cardio Blast AquaFit	<ul style="list-style-type: none"> ■ Drop-In AquaFit ■ Registered program - please see the Aquatics program flyer for more information ■ Warm pools reserved for programs or closed for operational requirement 	
7–9 p.m. 25M Lengths, Clubs, Family & Youth Swim	7:30–9 p.m. Clubs, Family & Youth Swim	7–9 p.m. 25M Lengths, Clubs, Family & Youth Swim	7:30–9 p.m. Clubs, Family & Youth Swim	7–9 p.m. Everyone Welcome Swim		

^ΔMain 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.



SPRING 2023

Crystal Pool Aquatics

Drop-In Swim Descriptions

25M/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.

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 Mon-Thurs 1-3:15 p.m. during regular schedules. 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.

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.

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.

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
250.361.0732

FACILITY HOLIDAY
CLOSURES:

Apr. 7 - Good Friday
Apr. 10 - Easter Monday
May 22 - Victoria Day