



**WINTER 2023**

# Crystal Pool Aquatics Drop-In Schedule (Effective January 2-March 19, 2023)

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><br>50M Lengths, Clubs,<br>Adult Leisure  | <b>5:30–9 a.m.</b><br>50M Lengths, Clubs,<br>Adult Leisure   | <b>5:30–9 a.m. <sup>Δ</sup></b><br>50M Lengths, Clubs,<br>Adult Leisure  | <b>5:30–9 a.m.</b><br>50M Lengths, Clubs,<br>Adult Leisure   | <b>5:30–9 a.m. <sup>Δ</sup></b><br>50M Lengths, Clubs,<br>Adult Leisure  |  |   |
| <b>9:15–11 a.m.</b> 25M Lengths,<br>Adult Leisure, Parent & Tot,<br>Aquafit<br><b>10 a.m.</b> Shallow Aquafit<br><b>10 a.m.</b> Silver Streaks<br>Swim Program | <b>9–11 a.m.</b> 50M Lengths,<br>Adult Leisure, Parent & Tot,<br>Aquafit<br><b>9 a.m.</b> Shallow Aquafit<br><b>10 a.m.</b> Deep Aquafit | <b>9:15–11 a.m.</b> 25M Lengths,<br>Adult Leisure, Parent & Tot,<br>Aquafit<br><b>10 a.m.</b> Shallow Aquafit<br><b>10 a.m.</b> Silver Streaks<br>Swim Program | <b>9–11 a.m.</b> 50M Lengths,<br>Adult Leisure, Parent & Tot,<br>Aquafit<br><b>9 a.m.</b> Shallow Aquafit<br><b>10 a.m.</b> Deep Aquafit | <b>9:15–11 a.m.</b> 25M Lengths,<br>Adult Leisure, Parent & Tot,<br>Aquafit<br><b>10 a.m.</b> Shallow Aquafit<br><b>10 a.m.</b> Silver Streaks<br>Swim Program | <b>8:30–11 a.m.</b> 25M<br>Lengths, Lessons,<br>Clubs, Adult Leisure<br><b>Warm pools closed</b>   | <b>8:30–11 a.m.</b> 50M<br>Lengths, Clubs, Adult<br>Leisure, Parent & Tot                       |
| <b>11 a.m.–1 p.m.</b><br>25M Lengths, Adult Leisure,<br>Parent & Tot, Aquafit<br><b>11 a.m.</b> Aqualite   | <b>11 a.m.–1 p.m.</b><br>50M Lengths, Adult Leisure,<br>Parent & Tot   | <b>11 a.m.–1 p.m.</b><br>25M Lengths, Adult Leisure,<br>Parent & Tot, Aquafit<br><b>11 a.m.</b> Aqualite   | <b>11 a.m.–1 p.m.</b><br>50M Lengths, Adult Leisure,<br>Parent & Tot   | <b>11 a.m.–1 p.m.</b><br>25M Lengths, Adult Leisure,<br>Parent & Tot, Aquafit<br><b>11 a.m.</b> Aqualite   | <b>11 a.m.–1 p.m.</b><br>25M Lengths, Clubs,<br>Family & Youth Swim<br><b>11 a.m.</b> Baby & Me<br>Aquafit   | <b>11 a.m.–12:45 p.m. <sup>Δ</sup></b><br>Clubs, Programs,<br>Family & Youth Swim               |
| <b>1–3:30 p.m.</b><br>25M Lengths, Adult Leisure,<br>Therapy Groups<br><b>Warm pools closed</b><br>Quiet swim – no music                                       | <b>1–3:15 p.m. <sup>Δ</sup></b><br>50M Lengths, Adult Leisure,<br>Therapy Groups<br><b>Warm pools closed</b><br>Quiet swim – no music    | <b>1–3:30 p.m.</b><br>25M Lengths, Adult Leisure,<br>Therapy Groups<br><b>Warm pools closed</b><br>Quiet swim – no music                                       | <b>1–3:15 p.m. <sup>Δ</sup></b><br>50M Lengths, Adult Leisure,<br>Therapy Groups<br><b>Warm pools closed</b><br>Quiet swim – no music    | <b>1–3:30 p.m.</b><br>Everyone Welcome Swim  | <b>1–3:15 p.m. <sup>Δ</sup></b><br>Everyone Welcome<br>Swim  | <b>1–3:30 p.m.</b><br>Everyone Welcome<br>Swim  |
| <b>3:30–5:30 p.m.</b><br>25M Lengths, Lessons,<br>Clubs, Adult Leisure<br><b>Warm pools closed</b>   | <b>3:30–5:30 p.m.</b><br>25M Lengths, Clubs,<br>Family & Youth Swim  | <b>3:30–5:30 p.m.</b><br>25M Lengths, Lessons,<br>Clubs, Adult Leisure<br><b>Warm pools closed</b>   | <b>3:30–5:30 p.m.</b><br>25M Lengths, Clubs,<br>Family & Youth Swim  | <b>3:30–5:30 p.m.</b><br>25M Lengths, Lessons,<br>Clubs, Adult Leisure<br><b>Warm pools closed</b>   | <b>3:30–6 p.m.</b><br>50M Lengths,<br>Family & Youth<br>Swim   | <b>3:30–6 p.m.</b><br>25M Lengths, Lessons,<br>Clubs, Adult Leisure<br><b>Warm pools closed</b> |
| <b>5:30–7 p.m.</b> Clubs, Family &<br>Youth Swim<br><b>5:45 p.m.</b> Aqua Yoga<br><b>Warm pools closed</b>   | <b>5:30–7:30 p.m.</b> Lessons,<br>Clubs, Adult Leisure<br><b>Warm pools closed</b>   | <b>5:30–7 p.m.</b> Clubs, Aquafit,<br>Family & Youth Swim<br><b>5:30 p.m.</b><br>Cardio Blast Aquafit  | <b>5:30–7:30 p.m.</b> Lessons,<br>Clubs, Adult Leisure<br><b>Warm pools closed</b>   | <b>5:30–7 p.m.</b> 25M Lengths,<br>Clubs, Aquafit, Family &<br>Youth Swim<br><b>5:30 p.m.</b><br>Cardio Blast Aquafit  | <div style="border: 1px solid #0072bc; padding: 5px;"> <p><span style="color: #0072bc;">■</span> <b>Drop-In Aquafit</b></p> <p><span style="color: #0072bc;">□</span> <b>Registered program</b> - please see<br/>             the Aquatics program flyer for more<br/>             information</p> <p><span style="color: #e67e22;">■</span> <b>Warm pools reserved for programs<br/>             or closed for operational requirement</b></p> </div> |   |
| <b>7–9 p.m.</b> 25M Lengths,<br>Clubs, Family & Youth Swim   | <b>7:30–9 p.m.</b> Clubs, Family<br>& Youth Swim   | <b>7–9 p.m.</b> 25M Lengths,<br>Clubs, Family & Youth Swim   | <b>7:30–9 p.m.</b> Clubs, Family<br>& Youth Swim   | <b>7–9 p.m.</b> Everyone<br>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.



WINTER 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 1-3:15 p.m. Tuesdays and Thursdays during Holiday 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.

**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. The WIBIT inflatable obstacle course is available Wednesdays where indicated. Please note that availability is subject to adequate staffing levels.



## 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

FACILITY HOLIDAY  
CLOSURES:

Jan. 1 - New Year's Day  
Feb. 20 - BC Family Day