

## DROP-IN PROGRAMS SUMMER SCHEDULE (JULY 2 – AUGUST 30, 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 & Lessons 9 a.m.–11 a.m. (Clubs 10–11 a.m.)	25M Lengths and Lessons 9 a.m.–11 a.m.	25M Lengths & Lessons 9 a.m.–11 a.m. (Clubs 10–11 a.m.)	25M Lengths and Lessons 9 a.m.–11 a.m.	25M Lengths & Lessons 9 a.m.–11 a.m. (Clubs 10–11 a.m.)	25M Lengths & Clubs and Family 9 a.m.–11 a.m.	50M Lengths & Clubs and Parent & Tot 8:30 a.m.–11 a.m.
25M Quiet Swim No Music 11 a.m.–1 p.m.	25M Quiet Swim No Music 11 a.m.–1 p.m.	25M Quiet Swim No Music 11 a.m.–1 p.m.	25M Quiet Swim No Music 11 a.m.–1 p.m.	25M 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.
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 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.–4 p.m.	25M Everyone Welcome Swim 1 p.m.–4 p.m.
25M Lengths & Clubs Lessons and Family 3:30 p.m.–5 p.m.	25M Lengths & Clubs and Family 3:30 p.m.–5:30 p.m.	25M Lengths & Clubs Lessons and Family 3:30 p.m.–5 p.m.	25M Lengths & Clubs and Family 3:30 p.m.–5:30 p.m.	25M Lengths & Clubs and Family 3:30 p.m.–7 p.m.	Available for Rentals at 4:30 p.m.	Available for Rentals at 4:30 p.m.
25M Lengths & Clubs and Family 5 p.m.–7 p.m.	Lessons and Clubs 5:30 p.m.–7:30 p.m.	25M Lengths & Clubs and Family 5 p.m.–7 p.m.	Lessons and Clubs 5:30 p.m.–7:30 p.m.			
25M Everyone Welcome Swim and Clubs 7 p.m.–9 p.m. Youth \$1 Adult \$2	Clubs and Adult Leisure 7:30 p.m.–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 p.m.–9:30 p.m. \$2 after 9 p.m.	25M Everyone Welcome Swim and Clubs 7 p.m.–8:30 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	25M Everyone Welcome Swim 8:30 p.m.–10 p.m.		

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 be out of the change room 20 minutes 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:** All hours of operation | **SILVER:** M–F: 9 a.m.–4 p.m. and 7–11 p.m., S and Su: all hours open

## DROP-IN SWIM DESCRIPTIONS

Note: At all times 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, relax in the sauna or steam room, play in the small pools, or swim lengths. Diving boards are available on the 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.

### 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

A minimum of 3 lanes will be available for public length swimming during this time.

#### Everyone Welcome Swim

A minimum of 2 lanes will be available for public length swimming during this time.

#### Lengths & Clubs

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.

# SUMMER 2019

## DROP-IN SCHEDULES

**Crystal Pool and Fitness Centre**  
2275 Quadra Street

## SWIMMING

## AQUAFIT

## FITNESS



250.361.0732  
victoria.ca/recreation

## DROP-IN PROGRAMS SUMMER SCHEDULE (JULY 2 – AUGUST 30, 2019)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aqualite – MILD</b> 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	
<b>Deep H2O Aquafit – MODERATE</b> A deep water zero impact workout using a flotation belt.		9:05 a.m.– 10 a.m.		9:05 a.m.– 10 a.m.		
<b>Shallow H2O Aquafit – MODERATE</b> 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.	
<b>Shallow Cardio Blast – INTENSE</b> 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.			

### Which classes are right for you?

<b>MILD</b>	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.
<b>MODERATE</b>	You set your own pace. Instructors will provide options to increase difficulty and intensity for those who are looking for a little bit extra.
<b>INTENSE</b>	For those looking to quickly improve cardiovascular and muscular fitness. These classes are designed to get your heart rate up.



## 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.



## DROP-IN PROGRAMS SUMMER SCHEDULE (JULY 3 – AUGUST 31, 2019)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Abs Attack</b> 8:45 a.m. – 9:15 a.m.	<b>Stretch &amp; Strength</b> 8:45 a.m. – 9:15 a.m.	<b>Abs Attack</b> 8:45 a.m. – 9:15 a.m.		<b>Stretch &amp; Strength</b> 8:45 a.m. – 9:15 a.m.	
<b>Hi/Lo Combo</b> 9:15 a.m. – 10:15 a.m.	<b>Body Sculpt</b> 9:15 a.m. – 10:15 a.m.	<b>Hi/Lo Combo</b> 9:15 a.m. – 10:15 a.m.		<b>Body Sculpt</b> 9:15 a.m. – 10:15 a.m.	
<b>Boot Camp</b> 12 p.m. – 12:50 p.m.		<b>Boot Camp</b> 12 p.m. – 12:50 p.m.	<b>Spintervals</b> 12 p.m. – 12:50 p.m.	<b>Boot Camp</b> 12 p.m. – 12:50 p.m.	
<b>Body Sculpt</b> 5:30 p.m. – 6:30 p.m.	<b>Butt, Legs &amp; Tummy</b> 5:30 p.m. – 6:30 p.m.	<b>Spintervals</b> 5:30 p.m. – 6:30 p.m.	<b>HIIT (High Intensity Interval Training)</b> 5:30 p.m. – 6:30 p.m.		
	<b>Athletic Conditioning</b> 6:30 p.m. – 7:30 p.m.	<b>Boot Camp</b> 6:30 p.m. – 7:30 p.m.	<b>Strength Conditioning</b> 6:30 p.m. – 7:30 p.m.		

## DROP-IN FITNESS CLASS DESCRIPTIONS

### **Abs Attack** (moderate)

30 min of abdominal work, core strengthening & flexibility.

### **Athletic Conditioning** (intense)

A challenging class that uses complex compound movements using a variety of training techniques. Challenge your body and your mind.

### **Body Sculpt** (moderate)

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

### **Boot Camp** (intense)

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

### **Butt, Legs & Tummy (BLT)** (moderate)

A new class focusing on the lower body and abdominals.

### **Hi/Lo Combo** (moderate)

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

### **HIIT** (intense)

High Intensity Interval Training is a cardiovascular exercise class alternating short periods of intense exercise with less intense recovery periods. Burn more fat in less time!

### **Stretch & Strength** (mild)

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

### **Strength Conditioning** (moderate)

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

### **Spintervals** (intense)

Kick start your morning with this new high energy class that combines spin bike cardio and strength exercises for a complete workout.

## 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.