

DROP-IN PROGRAMS FALL/WINTER SCHEDULE (SEPTEMBER 25, 2017 – MARCH 29, 2018)

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 & Clubs and Leisure and Parent & Tot (Clubs 10–11) 9 a.m.–11 a.m.	50M Lengths and Leisure and Parent & Tot 9 a.m.–11 a.m.	25M Lengths & Clubs and Leisure and Parent & Tot (Clubs 10–11) 9 a.m.–11 a.m.	50M Lengths and Leisure and Parent & Tot 9 a.m.–11 a.m.	25M Lengths & Clubs and Leisure and Parent & Tot (Clubs 10–11) 9 a.m.–11 a.m.	25M Lengths & Clubs and Lessons 9 a.m.–11 a.m.	50M Lengths & Clubs and Parent & Tot 8:30 a.m.–11 a.m.
50M Lengths and Leisure and Parent & Tot 11 a.m.–1 p.m.	50M Lengths and Leisure and Parent & Tot 11 a.m.–1 p.m.	50M Lengths and Leisure and Parent & Tot 11 a.m.–1 p.m.	50M Lengths and Leisure and Parent & Tot 11 a.m.–1 p.m.	50M Lengths and Leisure and Parent & Tot 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.
50M Lengths and Leisure and Schools 1 p.m.–3:30 p.m.	50M Lengths and Leisure and Schools 1 p.m.–3:30 p.m.	50M Lengths and Leisure and Schools 1 p.m.–3:30 p.m.	50M Lengths and Leisure and Schools 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 Lengths & Clubs Lessons and Family 3:30 p.m.–5 p.m.	25M Lengths & Clubs and Family 3:30 p.m.–5 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 p.m.	25M Lengths & Clubs and Family 3:30 p.m.–7 p.m.	25M Lengths & Clubs and Family 3:30 p.m.–6 p.m.	25M Lengths & Clubs Lessons and Family 3:30 p.m.–6 p.m.
25M Lengths & Clubs and Family 5 p.m.–7 p.m.	25M Lessons and Clubs 5 p.m.–7 p.m.	25M Lengths & Clubs and Family 5 p.m.–7 p.m.	25M Lessons and Clubs 5 p.m.–7 p.m.		Available for Rentals at 6:30 p.m.	Available for Rentals at 6:30 p.m.
25M Everyone Welcome Swim and Clubs 7 p.m.–9 p.m.	25M 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.	25M Clubs and Adult Leisure 7:30 p.m.–9:30 p.m. \$2 after 9 p.m.	25M Everyone Welcome Swim 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	Friday Night Youth Swim 8:30 p.m.–10 p.m. \$2		

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 exit facility within 30 minutes after closing. At all times (except Fridays after 8:30 p.m.) we guarantee adult leisure access to the sauna, steam room and hot tub.

Admission (Prices include tax)	Single	10 punch	1 Month	3 Month	Silver Annual	Gold Annual
Adult (18–59)	\$5.65	\$51	\$56.60	\$127.40	\$341.30	\$371.80
Senior/Student*	\$4.45	\$39.90	\$44.35	\$99.75	\$263.45	\$287
Youth (13–17)	\$3.40	\$30.70	\$34.10	\$76.80	N/A	\$221.80
Child (6–12)**	\$2.95	\$26.35	\$29.30	\$65.90	N/A	\$188.10
Preschool (0–5)	N/C	N/C	N/A	N/A	N/A	N/A
Family***	\$11.45	\$102	N/A	N/A	N/A	N/A
Greater Victoria Regional Pass \$492 (includes GST) includes access to all municipal recreation centres in Greater Victoria.						
Monthly payment plans are available for pass purchase. Visa, Mastercard and Amex, or void cheque will be accepted.						

CRYSTAL POOL PASSES: Access the pool, weight room and cardio areas and any of our drop-in fitness and aquafit classes.

GOLD	SILVER
All hours of operation except Fridays after 8:30 p.m.	Monday–Friday: 9 a.m.–4 p.m. & 7 p.m.–11 p.m. (Fri to 8:30 p.m.) Saturday and Sunday: All hours open.

DROP-IN SWIM DESCRIPTIONS

Note: At all times (except Fridays after 8:30 p.m.) 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, swim lengths, relax in the sauna or steam room, play in the small pools, or swim lengths. Diving boards are available on Fridays and 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.

Friday Night Youth Swim – \$2

This is a great chance for youth (11–16yrs) to enjoy the pool to themselves every Friday night. Supervision and games are provided by our fantastic youth leaders. A snack is available every week!

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.

Schools

During this time school groups will be using the tots pools and up to 2 lanes in the main pool.

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).

50M Leisure and Clubs

A minimum of two 50M lanes will be available for length swimming.

FALL 2017 WINTER 2018

DROP-IN SCHEDULES

Crystal Pool and Fitness Centre
2275 Quadra Street

SWIMMING

AQUAFIT

FITNESS



Coast Capital Savings
Free L.I.F.E. Swims



Wednesdays
Sep 27 • Nov 29 • Jan 10
7–9 p.m.



250.361.0732
victoria.ca/recreation

DROP-IN PROGRAMS FALL/WINTER SCHEDULE (SEPTEMBER 25, 2017 – MARCH 29, 2018)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqualite – MILD 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	
Deep H2O Aquafit – MODERATE A deep water zero impact workout using a flotation belt.		9:05 a.m.– 10 a.m.		9:05 a.m.– 10 a.m.		
Shallow H2O Aquafit – MODERATE 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.	11:05 a.m.– 12 p.m.
Shallow Cardio Blast – INTENSE 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.		5:30 p.m.– 6:30 p.m.	

REGISTERED PROGRAMS These courses have limited space and will only be taught by instructors with specialty training.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Introduction to Pool Therapy – MILD Join us for a 6 week Pool Therapy Program designed for those who are recovering from an injury, illness, surgery or who have joint or mobility issues.			11:15 – Noon			
Aquatherapy – MILD A water therapy program with a certified kinesiologist from Pro-Motion Rehab.			12:15 p.m.– 1 p.m.		12:15 p.m.– 1 p.m.	
NEW! Baby & Me Fitness and Water Safety – MODERATE This program includes a 30 minute baby & me fitness class, followed by a 30 minute Starfish/Duck class.	3 p.m.–4 p.m.					
H2O Turbo Bootcamp – INTENSE A well balanced class of energetic cardio & strength circuits.	6:30 p.m.– 7:20 p.m.					
Aqua Cross – INTENSE For those seeking the next level of fitness using the maximum resistance and support of the water in each W.O.D.			6:30 p.m.– 7:20 p.m.			

Which classes are right for you?

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

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.

DROP-IN PROGRAMS FALL/WINTER SCHEDULE (SEPTEMBER 25, 2017 – MARCH 29, 2018)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Abs Attack 8:45 a.m.–9:15 a.m.	Abs Attack 8:45 a.m.–9:15 a.m.	Abs Attack 8:45 a.m.–9:15 a.m.		Abs Attack 8:45 a.m.–9:15 a.m.	
Hi/Lo Combo 9:15 a.m. – 10:15 a.m.	30/30 Fat Burner 9:15 a.m. – 10:15 a.m.	Hi/Lo Combo 9:15 a.m. – 10:15 a.m.		Body Sculpt 9:15 a.m. – 10:15 a.m.	Foam Rolling and More 10 a.m.–11 a.m.
Boot Camp Noon – 12:50 p.m.		Boot Camp Noon – 12:50 p.m.		Boot Camp Noon – 12:50 p.m.	
Interval Body Sculpt 5:10 p.m.–6:10 p.m.	Low Impact Power 5:10 p.m.–6:10 p.m.	30/30 Fat Burner 5:10 p.m.–6:10 p.m.	Low Impact Power 5:10 p.m.–6:10 p.m.	Metabolic Training 5:30 p.m.–6:30 p.m.	
	Athletic Conditioning 6:15 p.m.–7:15 p.m.	Abs Attack 6:15 p.m.–6:45 p.m.	Strength Conditioning 6:15 p.m.–7:15 p.m.	Abs Attack 6:30 p.m.–7 p.m.	

DROP-IN FITNESS CLASS DESCRIPTIONS

30/30 Fat Burner

This 60 min class will shape & strengthen muscles & increase stamina through a combination of strength & cardio exercise. Expect a full body workout! Great for all levels of fitness.

Abs Attack

30min of abdominal work, core strengthening and flexibility.

Athletic Conditioning

Challenging Complex compound movements using a variety of training techniques. Challenge your body and your mind.

Body Sculpt

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

Boot Camp

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

Hi/Lo Combo

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

Interval Body Sculpt

A great workout that includes cardio and muscle work.

Lo Impact Power

Lo impact cardio workout that includes lots of power moves... a great fat burner.

Metabolic Training

Super intense cardio and fat burning to get a sweat on and your heart pounding. Bring water and a towel!

Strength Conditioning

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

Foam Rolling and More

Self application techniques that will provide myofascial release and make your body feel rejuvenated and renewed.

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.