



SUMMER 2024

# Crystal Pool Aquatics Drop-In Schedule (Effective July 1-September 1, 2024)

Adult Leisure drop-in available at all times unless noted on schedule.

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

MON	TUE	WED	THU	FRI	SAT	SUN
<b>5:30–8:45 a.m.</b> <sup>Δ</sup> 50M Lengths: 3+ Lanes (Adult Only)	<b>5:30–8:45 a.m.</b> <sup>Δ</sup> 50M Lengths: 3+ Lanes (Adult Only)	<b>5:30–8:45 a.m.</b> <sup>Δ</sup> 50M Lengths: 3+ Lanes (Adult Only)	<b>5:30–8:45 a.m.</b> <sup>Δ</sup> 50M Lengths: 3+ Lanes (Adult Only)	<b>5:30–8:45 a.m.</b> <sup>Δ</sup> 50M Lengths: 3+ Lanes (Adult Only)	<b>NOTE: Advanced Aquatic Courses run periodically Mon-Fri and may occupy lane and leisure space as needed.</b>	
<b>9–11 a.m.</b> Lessons and Clubs 25M Lengths: 2 Lanes <b>10 a.m. Shallow Aquafit</b> <b>10 a.m. Silver Streaks Swim Program</b> Warm Pools Closed	<b>9–11 a.m.</b> Lessons and Clubs 25M Lengths: 2 Lanes <b>9 a.m. Shallow Aquafit</b> <b>10 a.m. Deep Aquafit</b> Warm Pools Closed	<b>9–11 a.m.</b> Lessons and Clubs 25M Lengths: 2 Lanes <b>10 a.m. Shallow Aquafit</b> <b>10 a.m. Silver Streaks Swim Program</b> Warm Pools Closed	<b>9–11 a.m.</b> Lessons and Clubs 25M Lengths: 2 Lanes <b>9 a.m. Shallow Aquafit</b> <b>10 a.m. Deep Aquafit</b> Warm Pools Closed	<b>9–11 a.m.</b> Parent & Tot (and Camps) 25M Lengths: 3+ Lanes <b>10 a.m. Shallow Aquafit</b> <b>10 a.m. Silver Streaks Swim Program</b>	<b>8:30–11 a.m.</b> Family Swim (Programs 9-11 a.m.) 25M Lengths: 3+ Lanes	<b>8:30–11:15 a.m.</b> Parent & Tot 50M Lengths: 3+ Lanes
<b>11 a.m.–1 p.m.</b> Parent & Tot (Camps 11:15 a.m.-noon) 25M Lengths: 3+ Lanes <b>11 a.m. Aqualite</b>	<b>11 a.m.–1 p.m.</b> Quiet Swim 25M Lengths: 3+ Lanes	<b>11 a.m.–1 p.m.</b> Parent & Tot (Camps 11:15 a.m.-noon) 25M Lengths: 3+ Lanes <b>11 a.m. Aqualite</b>	<b>11 a.m.–1 p.m.</b> Quiet Swim 25M Lengths: 3+ Lanes	<b>11 a.m.–1 p.m.</b> Parent & Tot (Camps 11:15 a.m.-noon) 25M Lengths: 3+ Lanes <b>11 a.m. Aqualite</b>	<b>11 a.m.–1 p.m.</b> Family Swim 25M Lengths: 3+ Lanes	<b>11:15 a.m.–1 p.m.</b> Family Swim 50M Lengths: 3+ Lanes
<b>1–3:30 p.m.</b> Everyone Welcome Swim 25M Lengths: 2 Lanes	<b>1–3:15 p.m.</b> Everyone Welcome Swim 25M Lengths: 2 Lanes	<b>1–3:30 p.m.</b> Everyone Welcome Swim 25M Lengths: 2 Lanes <b>WIBIT WEDNESDAYS</b>	<b>1–3:15 p.m.</b> Everyone Welcome Swim 25M Lengths: 2 Lanes	<b>1–3:30 p.m.</b> Everyone Welcome Swim 25M Lengths: 2 Lanes	<b>1–4 p.m.</b> Everyone Welcome Swim 25M Lengths: 2 Lanes	<b>1–4 p.m.</b> Everyone Welcome Swim 50M Lengths: 3+ Lanes
<b>3:30–5:30 p.m.</b> Lessons & Clubs 25M Lengths: 3+ Lanes Tots Pools Closed	<b>3:30–5:30 p.m.</b> Family Swim 25M Lengths: 2 Lanes	<b>3:30–5:30 p.m.</b> Lessons & Clubs 25M Lengths: 3+ Lanes Tots Pools Closed	<b>3:30–5:30 p.m.</b> Family Swim 25M Lengths: 3+ Lanes	<b>3:30–5:30 p.m.</b> Lessons & Clubs 25M Lengths: 2 Lanes Tots Pools Closed	<b>Drop-In Aquafit</b> <b>Registered program</b> - please visit <a href="https://victoria.ca/registration">victoria.ca/registration</a> for more information. <b>Tots Pools closed or reserved for programs</b> <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 4 p.m. on Saturday and Sunday. Last entry 30 minutes before close.	
<b>5:30–7 p.m.</b> Family Swim 25M Lengths: 2 Lanes	<b>5:30–7:30 p.m.</b> Lessons & Clubs Tots Pools Closed	<b>5:30–7 p.m.</b> Family Swim 25M Lengths: 2 Lanes <b>5:30 p.m. Cardio Blast Aquafit</b>	<b>5:30–7:30 p.m.</b> Lessons & Clubs Tots Pools Closed	<b>5:30–7 p.m.</b> Family Swim 25M Lengths: 2 Lanes <b>5:30 p.m. Cardio Blast Aquafit</b>		
<b>7–9 p.m.</b> Family Swim 25M Lengths: 2 Lanes	<b>7:30–9 p.m.</b> Family Swim	<b>7–9 p.m.</b> Family Swim 25M Lengths: 2 Lanes	<b>7:30–9 p.m.</b> Family Swim	<b>7–9 p.m.</b> Everyone Welcome Swim 25M Lengths: 2 Lanes		



## Drop-In Swim Descriptions

**25M / 50M Lengths: 2 Lanes** – Two 25M or 50M lanes will be available for public lane swimming at these times. Main pool and tots pool space may be limited due to programs and lessons.

**25M / 50M Lengths: 3+ Lanes** – Three or more 25M or 50M lanes will be available. Swimmers should choose the lane that best fits their needs and be prepared to adjust based on lifeguard direction. Main pool and tots pool space may be limited due to programs and lessons.

**Parent & Tot** – The tots pools are available for adults with children 0-5 years old. Each adult may bring up to three children per visit. All children must be within arms' reach of an adult in the water. Adult drop-in also available at this time.  
\*Age: 16+ and 0-5

**Family Swim** – This is a great opportunity for the family to get together and enjoy the pool! Diving boards are closed during this time but there is main pool and tots pool space available to swim and play. Features like waterslides depend on lifeguard availability. Pool space is often shared with clubs and programs. All children under age seven must be within arms' reach of an adult in the water.  
\*Age: 13+ (12 and under must be accompanied by an adult).

**Quiet Swim (Tots Pools Closed)** – During this time the tots pools are closed, but there is ample space in the main pool for length swimming (at least 4 lanes) and leisure activities like 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.  
\*Age 16+

**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 jump off the diving boards. All children under age seven must be within arms' reach of an adult in the water. See website for availability of WIBIT inflatable obstacle course.  
\*Age 7+ (6 and under must be accompanied by a responsible adult).

**Lessons & Clubs (Tots Pools Closed)** – Swim Lessons, clubs and programs occupy the majority of the pool space at these times. **Children are allowed in the water during their programmed time only.** Hot spots and limited main pool space is available for adult drop-in.  
\*Ages: 16+ (unless attending a program).

**WIBIT Swim** – The WIBIT inflatable obstacle course is available 1-3:15 p.m. on Wednesday afternoons throughout July and August. The rest of the pool is open for family and public swimming. Diving boards are not available during this time.  
\*Age 7+ (6 and under must be accompanied by a responsible adult).

## 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 shallow water class that focuses on high energy cardio moves and strength work.