



**FALL 2024**

# Crystal Pool Aquatics Drop-In Schedule (Effective September 3-December 1, 2024)

Adult Leisure drop-in available at all times other than registered program only times.

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

| MON   | TUE  | WED   | THU  | FRI   | SAT   | SUN   |
|---|--|---|--|---|---|---|
| 5:30–9 a.m. <sup>Δ</sup><br>50M Lengths: 3+ Lanes<br>(Adult Only)   | 5:30–9 a.m.<br>50M Lengths: 3+ Lanes<br>(Adult Only)   | 5:30–9 a.m. <sup>Δ</sup><br>50M Lengths: 3+ Lanes<br>(Adult Only)   | 5:30–9 a.m.<br>50M Lengths: 3+ Lanes<br>(Adult Only)   | 5:30–9 a.m. <sup>Δ</sup><br>50M Lengths: 3+ Lanes<br>(Adult Only)   | <b>NOTE: Advanced Aquatic courses run on Saturdays and Sundays and may occupy lane and leisure space as needed.</b>   |   |
| 9:15–11 a.m.<br>Parent & Tot<br>25M Lengths: 3+ Lanes<br><b>10 a.m. Shallow Aquafit</b><br><b>10 a.m. Silver Streaks Swim Program</b> | 9–11 a.m.<br>Parent & Tot<br>50M Lengths: 3+ Lanes<br><b>9 a.m. Shallow Aquafit</b><br><b>10 a.m. Deep Aquafit</b> | 9:15–11 a.m.<br>Parent & Tot<br>25M Lengths: 3+ Lanes<br><b>10 a.m. Shallow Aquafit</b><br><b>10 a.m. Silver Streaks Swim Program</b> | 9–11 a.m.<br>Parent & Tot<br>50M Lengths: 3+ Lanes<br><b>9 a.m. Shallow Aquafit</b><br><b>10 a.m. Deep Aquafit</b> | 9:15–11 a.m.<br>Parent & Tot<br>25M Lengths: 3+ Lanes<br><b>10 a.m. Shallow Aquafit</b><br><b>10 a.m. Silver Streaks Swim Program</b> | 8:30–11 a.m.<br>Lessons & Clubs<br>25M Lengths: 2 Lanes<br><b>Tots Pools Closed</b>   | 8:30–11:15 a.m.<br>Parent & Tot<br>50M Lengths: 2 Lanes                             |
| 11 a.m.–1 p.m.<br>Parent & Tot<br>25M Lengths: 3+ Lanes<br><b>11 a.m. Aqualite</b>  | 11 a.m.–1 p.m.<br>Parent & Tot<br>50M Lengths: 3+ Lanes  | 11 a.m.–1 p.m.<br>Parent & Tot<br>25M Lengths: 3+ Lanes<br><b>11 a.m. Aqualite</b>  | 11 a.m.–1 p.m.<br>Parent & Tot<br>50M Lengths: 3+ Lanes  | 11 a.m.–1 p.m.<br>Parent & Tot<br>25M Lengths: 3+ Lanes<br><b>11 a.m. Aqualite</b>  | 11 a.m.–1 p.m.<br>Family Swim<br>25M Lengths: 3+ Lanes  | 11:15 a.m.–12:45 p.m. <sup>Δ</sup><br>Family Swim<br>50M Lengths: 3+ Lanes          |
| 1–3:30 p.m.<br>Quiet Swim<br>25M Lengths: 3+ Lanes<br><b>Tots Pools Closed</b>  | 1–3:15 p.m. <sup>Δ</sup><br>Quiet Swim<br>50M Lengths: 3+ Lanes<br><b>Tots Pools Closed</b>                        | 1–3:30 p.m.<br>Quiet Swim<br>25M Lengths: 3+ Lanes<br><b>Tots Pools Closed</b>  | 1–3:15 p.m. <sup>Δ</sup><br>Quiet Swim<br>50M Lengths: 3+ Lanes<br><b>Tots Pools Closed</b>                        | 1–3:30 p.m.<br>Everyone Welcome Swim<br>25M Lengths: 2 Lanes  | 1–3:15 p.m. <sup>Δ</sup><br>Everyone Welcome Swim<br>25M Lengths: 2 Lanes   | 1–3:30 p.m.<br>Everyone Welcome Swim<br>25M Lengths: 2 Lanes                        |
| 3:30–5:30 p.m.<br>Lessons & Clubs<br>25M Lengths: 2 Lanes<br><b>Tots Pools Closed</b>   | 3:30–5:30 p.m.<br>Family Swim<br>25M Lengths: 3+ Lanes   | 3:30–5:30 p.m.<br>Lessons & Clubs<br>25M Lengths: 2 Lanes<br><b>Tots Pools Closed</b>   | 3:30–5:30 p.m.<br>Family Swim<br>25M Lengths: 2 Lanes<br>(Lanes ending at 5 p.m.)                                  | 3:30–5:30 p.m.<br>Lessons & Clubs<br>25M Lengths: 3+ Lanes<br><b>Tots Pools Closed</b>  | 3:30–6 p.m.<br>Family Swim<br>50M Lengths: 3+ Lanes   | 3:30–6 p.m.<br>Lessons & Clubs<br>25M Lengths: 3+ Lanes<br><b>Tots Pools Closed</b> |
| 5:30–7 p.m.<br>Family Swim<br>25M Lengths: 2 Lanes<br><b>5:45 p.m. Aqua Yoga</b><br><b>Tots Pools Closed</b>                          | 5:30–7:30 p.m.<br><b>Registered Programs Only</b>  | 5:30–7 p.m.<br>Family Swim<br>25M Lengths: 2 Lanes<br><b>5:30 p.m. Cardio Blast Aquafit</b>   | 5:30–7:30 p.m.<br><b>Registered Programs Only</b>  | 5:30–7 p.m.<br>Family Swim<br>25M Lengths: 2 Lanes<br><b>5:30 p.m. Cardio Blast Aquafit</b>   | <b>WIBIT Dates (1-3:15 p.m.)<br/>Sept 7-8, Oct 12-13, Nov 9-10</b><br><br><input checked="" type="checkbox"/> <b>Drop-In Aquafit</b><br><input type="checkbox"/> <b>Registered program</b> - please visit <a href="http://victoria.ca/registration">victoria.ca/registration</a> for more information.<br><input checked="" type="checkbox"/> <b>Tots Pools closed or reserved for programs</b> |   |
| 7–9 p.m.<br>Family Swim<br>25M Lengths: 2 Lanes   | 7:30–9 p.m.<br>Family Swim   | 7–9 p.m.<br>Family Swim<br>25M Lengths: 2 Lanes   | 7:30–9 p.m.<br>Family Swim   | 7–9 p.m.<br>Everyone Welcome Swim<br>25M Lengths: 2 Lanes   |   |   |

<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 entry 30 minutes before close.



## Drop-In Swim Descriptions

**25M / 50M Lengths** – 25M or 50M public swimming 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.

**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+

**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).

**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).

**WIBIT Swim** – The WIBIT inflatable obstacle course is available 1-3:15 p.m. on listed dates. 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).

**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).

**Registered Programs Only** – All pool areas are reserved for registered programs like swimming lessons and clubs. Drop-in swimming is not available at these times.

## 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.