



FINAL WEEK! September 19- 25, 2026

Crystal Pool Aquatics Drop-In Schedule



victoria.ca/crystalpool
250.361.0732

SAT SEPT 19	SUN SEPT 20	MON SEPT 21	TUE SEPT 22	WED SEPT 23	THU SEPT 24	FRI SEPT 25
Family Memories Day Celebrating family swims, swim lessons and quality time spent together.	Community Champions Day Recognizing the clubs, teams and organizations that have called Crystal Pool home.	Play It Forward Day Admission by donation in support of the Campership program, helping more children attend summer camp.	Heart of Crystal Pool ♥ Recognizing the staff who brought energy, expertise and care to the facility every day.	Legacy Day Honouring the many generations who have made Crystal Pool part of their lives.	Throwback Thursday Retro music, vintage outfits, nostalgic photos and a look back through the decades.	The Last Lap Join us as we celebrate Crystal Pool's final day and all the memories made along the way.
		5:30-9 a.m. 50m Lengths: 3+ Lanes	5:30-9 a.m. 50m Lengths: 3+ Lanes	5:30-9 a.m. 50m Lengths: 3+ Lanes	5:30-9 a.m. 50m Lengths: 3+ Lanes	5:30-9 a.m. 50m Lengths: 3+ Lanes
8:30 a.m.-1 p.m. Family Swim 25m Lengths: 3+ Lanes	8:30 a.m.-1 p.m. Parent & Tot 50m Lengths: 3+ Lanes	9:15 a.m.-1 p.m. Parent & Tot 25m Lengths: 3+ Lanes 10 a.m. Shallow Aquafit Silver Streaks Swim Program 11 a.m. Aqualite	9 a.m.-1 p.m. Parent & Tot 50m Lengths: 3+ Lanes 9 a.m. Shallow Aquafit 10 a.m. Deep Aquafit	9:15 a.m.-1 p.m. Parent & Tot 25m Lengths: 3+ Lanes 10 a.m. Shallow Aquafit Silver Streaks Swim Program 11 a.m. Aqualite	9 a.m.-1 p.m. Parent & Tot 50m Lengths: 3+ Lanes 9 a.m. Shallow Aquafit 10 a.m. Deep Aquafit	9 a.m.-1 p.m. Parent & Tot 25m Lengths: 3+ Lanes 10 a.m. Silver Streaks Swim Program 10 a.m. Aquafit Celebration Class
1-3:30 p.m. WIBIT Swim 25m Lengths: 2 Lanes	1-3:30 p.m. WIBIT Swim 25m Lengths: 2 Lanes	1-3:30 p.m. Fun and Features Swim 25m Lengths: 2 Lanes	1-3:15 p.m. Quiet Swim 50m Lengths: 3+ Lanes	1-3:30 p.m. Quiet Swim 25m Lengths: 3+ Lanes	1-3:15 p.m. Quiet Swim 50m Lengths: 3+ Lanes	1-3:30 p.m. Fun and Features Swim 25m Lengths: 2 Lanes (last entry 3 p.m.)
3:30-6 p.m. Family Swim 25m Lengths: 3+ Lanes	3:30-6 p.m. Family Swim 25m Lengths: 3+ Lanes	3:30-7 p.m. Family Swim 25m Lengths: 3+ Lanes	3:30-7 p.m. Family Swim 25m Lengths: 2 Lanes	3:30-7 p.m. Family Swim 25m Lengths: 3+ Lanes 5:45 p.m. Cardio Blast Aquafit	3:30-7 p.m. Family Swim 25m Lengths: 2 Lanes	Blue bold titles spotlight special programming throughout the week.
		7-9 p.m. WIBIT Swim 25m Lengths: 2 Lanes	7-9 p.m. Family Swim	7-9 p.m. WIBIT Swim 25m Lengths: 2 Lanes	7-9 p.m. Family Swim	

Monday only: Entry by donation in support of Campership

Check out the final week [fitness schedule](#)





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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 and extra features may be available depending on bookings and staff levels. 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).

Fun & Features Swim – There's something for everyone during this swim. Splash in the big pool, 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.
*Age 7+ (6 and under must be accompanied by a responsible adult).

Wibit Swim – The WIBIT inflatable obstacle course is available at listed times. The rest of the pool is open for family and public swimming. Users must be 7 years old to go on the wibit.
*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.

