



**SPRING BREAK 2025**

# Crystal Pool Aquatics Drop-In Schedule (Effective March 16-30, 2025)

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
5:30–9 a.m. <sup>Δ</sup> 50M Lengths: 3+ Lanes (Adult Only)	5:30–9 a.m. 50M Lengths: 3+ Lanes (Adult Only)	5:30–9 a.m. <sup>Δ</sup> 50M Lengths: 3+ Lanes (Adult Only)	5:30–9 a.m. 50M Lengths: 3+ Lanes (Adult Only)	5:30–9 a.m. <sup>Δ</sup> 50M Lengths: 3+ Lanes (Adult Only)		
9:15–11 a.m. Parent & Tot 25M Lengths: 3+ Lanes <b>10 a.m. Shallow Aquafit</b>	9–11 a.m. Parent & Tot 50M Lengths: 3+ Lanes <b>9 a.m. Shallow Aquafit</b> <b>10 a.m. Deep Aquafit</b>	9:15–11 a.m. Parent & Tot 25M Lengths: 3+ Lanes <b>10 a.m. Shallow Aquafit</b>	9–11 a.m. Parent & Tot 50M Lengths: 3+ Lanes <b>9 a.m. Shallow Aquafit</b> <b>10 a.m. Deep Aquafit</b>	9:15–11 a.m. Parent & Tot 25M Lengths: 3+ Lanes <b>10 a.m. Shallow Aquafit</b>	8:30–11 a.m. Family Swim 25M Lengths: 3+ Lanes	8:30–11:15 a.m. Parent & Tot 50M Lengths: 2 Lanes
11 a.m.–1 p.m. Parent & Tot 25M Lengths: 3+ Lanes <b>11 a.m. Aqualite</b>	11 a.m.–1 p.m. <sup>Δ</sup> Quiet Swim 50M Lengths: 3+ Lanes	11 a.m.–1 p.m. Parent & Tot 25M Lengths: 3+ Lanes <b>11 a.m. Aqualite</b>	11 a.m.–1 p.m. <sup>Δ</sup> Quiet Swim 50M Lengths: 3+ Lanes	11 a.m.–1 p.m. Parent & Tot 25M Lengths: 3+ Lanes <b>11 a.m. Aqualite</b>	11 a.m.–1 p.m. Family Swim 25M Lengths: 3+ Lanes	11:15 a.m.–12:45 p.m. <sup>Δ</sup> Family Swim 50M Lengths: 3+ Lanes
1–3:30 p.m. Fun & Features Swim 25M Lengths: 2 Lanes	1–3:30 p.m. Fun & Features Swim 25M Lengths: 2 Lanes	1–3:15 p.m. WIBIT SWIM 25M Lengths: 2 Lanes	1–3:30 p.m. Fun & Features Swim 25M Lengths: 2 Lanes	1–3:30 p.m. Fun & Features Swim 25M Lengths: 2 Lanes	1–3:15 p.m. <sup>Δ</sup> Fun & Features Swim 25M Lengths: 2 Lanes	1–3:30 p.m. Fun & Features Swim 25M Lengths: 2 Lanes
3:30–9 p.m. Family Swim 25M Lengths: 2 Lanes	3:30–7 p.m. Family Swim 25M Lengths: 3+ Lanes	3:30–9 p.m. Family Swim 25M Lengths: 2 Lanes <b>5:30 p.m.</b> <b>Cardio Blast Aquafit</b>	3:30–7 p.m. Family Swim 25M Lengths: 3+ Lanes	3:30–5:30 p.m. Family Swim 25M Lengths: 3+ Lanes	3:30–6 p.m. Family Swim 50M Lengths: 3+ Lanes	3:30–6 p.m. Family Swim 25M Lengths: 3+ Lanes
	7–9 p.m. Family Swim					

<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: 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).

**Fun & Features 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)

**Quiet Swim & Lengths (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 and therapy exercises. 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+

**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+ to use the WIBIT

**Inclusive Pride Swim** – Join us for an evening of fun at the pool! Intended for trans, gender diverse, queer and GSRD/2SLGBTQIA+ people and allies.  
March 22, 6:30-9 p.m. (last entry 8:30 p.m.)

## 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.