



WINTER 2023 Jan 9th – Mar 17th 2023

250-475-7100

Gordon Head Recreation Centre - Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird 6:00-8:00am (S)	Early Bird 6:00-8:00am	Early Bird 6:00-8:00am (S)	Early Bird 6:00-8:00am	Early Bird 6:00-8:00am (S)	Early Bird 6:00-8:00am	Early Bird 6:00-8:00am
Leisure & Lengths 8:00-12:00pm (S)	Leisure & Lengths 8:00-12:00pm (S)	Leisure & Lengths 8:00-12:00pm (S)	Leisure & Lengths 8:00-12:00pm (S)	Leisure & Lengths 8:00-12:00pm (S)	Family Leisure 8:00-9:00pm (S)	Leisure & Lengths 8:00-10:00pm (S)
					Swim Lessons (Sauna, Steam & Hot Tub Only) 9:00-12:00pm	Family Swim 10:00-12:00pm (S)
Noon Hour 12:00-1:00pm	Noon Hour 12:00-1:00pm	Noon Hour 12:00-1:00pm	Noon Hour 12:00-1:00pm	Noon Hour 12:00-1:00pm	Noon Hour 12:00-1:00pm	Noon Hour 12:00-1:00pm
Leisure & Lengths 1:00-3:00pm (S)	Family Leisure 1:00-4:30pm (S) *	Leisure & Lengths 1:00-3:00pm (S)	Family Leisure 1:00-4:30pm (S)	Leisure & Lengths 1:00-3:00pm (S)	Fun Swim 1:00-3:00pm (S)	Fun Swim 1:00-3:00pm (S)
Swim Lessons (Sauna, Steam & Hot Tub Only) 3:00-5:30pm	Swim Lessons (Sauna, Steam & Hot Tub Only) 4:30-8:30pm	Family Leisure 3:00 – 6:30 pm (S)	Swim Lessons (Sauna, Steam & Hot Tub Only) 4:30-8:30pm	Swim Lessons (Sauna, Steam & Hot Tub Only) 3:00-5:30pm	Family Leisure 3:00 – 5:30 pm (S)	Swim Lessons (Sauna, Steam & Hot Tub Only) 3:00-5:30pm
Family Leisure 5:30 – 6:30 pm (S)				Family Leisure 5:30 – 6:30 pm (S)		
Fun Swim 6:30-8:30pm		Family Swim 6:30-8:30pm		Fun Swim (S) 6:30-8:30pm		
Adult Swim 8:30-10:00pm	Adult Swim 8:30-10:00pm (S)	Adult Swim 8:30-10:00pm	Adult Swim 8:30-10:00pm (S)	Adult Swim 8:30-10:00pm	Youth Swim 7:30-9:00pm	Adult Swim 7:30-9:00pm
					Special Programming 9:30-11:00 pm	

Notes & Additional Information

(S) Indicates shared pool with programs Music Free Swim Times: 12:00-1:00pm Daily (*) Potential school rentals.1:00-3:00pm. Please call ahead. Children 7yrs and younger MUST be accompanied in the water by an adult (16yrs+), within arm’s reach of an adult at all times!



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Gordon Head Recreation Centre – Waterfit Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shallow Waterfit 9:00 am – 10:00 am (Drop In)	Shallow Waterfit 9:00 am – 10:00 am (Drop In)	Deep Waterfit 9:00 am – 10:00 am (Registered)	Shallow Waterfit 9:00 am – 10:00 am (Drop In)	Shallow Waterfit 9:00 am – 10:00 am (Registered)	Deep Waterfit 8:15 am – 9:15 am (Drop In)	NO CLASS SCHEDULED
					Deep Waterfit 5:30 pm – 6:30 pm (Drop in) Starts Jan 27	

SPECIAL SCHEDULES

Statutory Holidays – See adjusted pool schedule

Monday, February 20th 8am-4pm

SWIM DESCRIPTIONS

Early Bird – The early bird catches the calm waves... Enjoy length swimming in the lap pool, playing in the leisure or tot pools, or relaxing in the hot tub, sauna, and steam room. Three double lanes are available for length swimming unless a (S) is indicated on the schedule. ***An Adult (16 yrs+) must accompany children under the age of 13 yrs for the duration of the swim.**

Leisure & Lengths – The standard pool swim... All ages & skills levels are welcome, but pool space will be shared with other user groups & programs. A variety of lane orientations will be used to best suit the needs of this swim. ***Only one single lane is guaranteed for length swimmers *An Adult (16 yrs+) must accompany children under the age of 13 yrs for the duration of the swim.**

Noon Hour – The mid day oasis... All ages & skill levels are welcome. Three double lanes are available for length swimming. Children Must respect the nature of the swim. ***No music will be played during this time. *An Adult (16 yrs+) must accompany children under the age of 13 yrs for the duration of the swim.**

Swim Lessons- Come learn to swim... We offer the Lifesaving Society's Swim for Life program. Lessons are offered for all ages and abilities. ***The sauna, steam room and hot tub are open but all other pool areas are closed to the public.**

Family Leisure – Stay and play before and after lessons... Pool space will be shared with other user groups & programs. ***Drop-in fee is required for swimming lesson participants *Only one single lane is guaranteed for length swimmers *An Adult (16 yrs+) must accompany children under the age of 13 yrs for the duration of the swim.**

Family Swim – Spend some family time together... A great time to come to the pool together as a family for a fun, high energy swim! Pool space will be shared with other user groups & programs. The rock wall, monkey bars, slide, and water features may not be available. *** Length swimming may not be available. *An adult (16yrs+) must accompany children under the age of 13 yrs.**

Fun Swim – Bring all the fun... Fun for all ages, bring your friends and family for a high energy swim time in the pool. The rock wall, monkey bars, and slide will be opened periodically along with the water features. *** Length swimming may not be available.**

Adult Swim – No kids allowed... A mature, relaxing swim with flexible options for length swimming and leisure time. Pool space will be shared with other user groups & programs when a (S) is indicated on the schedule ***All participants must be over the age of 16 yrs.**

Youth Swim – A supervised high energy swim night for tweens & teens. The rock wall, monkey bars, and slide will be opened periodically along with the water features. The Teen centre is open and available from 7:00 – 8:00 pm before the swim. ***All participants must be over the age of 10 yrs. *Adult are welcome but must respect the nature of the swim**

All swims and pool areas - Children 7yrs and younger MUST be accompanied in the water by an adult (16yrs+), within arm's reach of an adult at all times!

Pro D Day Fun Swims 1:00-3:00pm

You've got the day off school and the pool is waiting for you!

Friday, February 17th

WATERFIT DESCRIPTIONS

Deep Waterfit – More challenging yet fun, moderate to intense, self paced workout focusing on total body conditioning held in the deep end of the pool wearing floatation belts or using a noodle. Modifications can be made for most fitness levels and for those wishing to participate in the shallow water.

Shallow Waterfit – A fun, moderate to intense, self paced workout focusing on total body conditioning held in the shallow end of the pool. Modifications can be made for most fitness levels and for those wishing to participate in the deep water with a floatation belt.

Mild Waterfit – Incorporates gentle moves aimed at increasing core stability, strength, and endurance. 25-30 minutes of cardio. In shallow water. Participants must be 13yrs or older.

Waterworks - Arthritis Society approved. This class is designed to increase movement in joints and to develop muscles to support joints. Equipment includes noodles, dumbbells, and support belts. This is a shared pool time – length swimming is also available. Participants must be 13yrs or older.

SPECIAL PROGRAMMING

Select Saturdays from 9:30-11:30pm, we've programmed the following swims. Admission is taken from 9:30 pm - 10:00pm for special programing on Saturdays.

Muslim Women's Only Swim – 1st Saturday of the Month

Easy access to swimming can be taken for granted. For Muslim women swimming is not permitted in a co-ed pool. In order to support the community, need for a culturally safe space, women-only swim times have been created. During these sessions the pools, sauna and steam room are available to female participants only. The rock wall, monkey bars, slide, and water features may not be available.

***Ages 13 years and older**

2SLGBTQ Swim – 2nd Saturday of the Month

Easy access to swimming can be taken for granted. Swim for trans, 2-spirit and non-binary community members and their friends and family. During these sessions the pools, sauna and steam room are available. The rock wall, monkey bars, slide, and water features may not be available.

All swims and pool areas - Children 7yrs and younger MUST be accompanied in the water by an adult (16yrs+), within arm's reach of an adult at all times!