



SRING 2024 Apr 2<sup>nd</sup> – Jun 16<sup>th</sup>

☎ 250-475-7100

Gordon Head Recreation Centre - Drop-in Swim Schedule

Effective Spring

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Bird</b> 6:00-8:00am (S)	<b>Early Bird</b> 6:00-8:00am (S)	<b>Early Bird</b> 6:00-8:00am (S)	<b>Early Bird</b> 6:00-8:00am (S)	<b>Early Bird</b> 6:00-8:00am (S)	<b>Early Bird</b> 6:00-8:00am (S)	<b>Early Bird</b> 6:00-8:00am (S)
<b>Leisure Swim</b> 8:00am-12:00pm (S)	<b>Leisure Swim</b> 8:00am-12:00pm (S)	<b>Leisure Swim</b> 8:00am-12:00pm (S)	<b>Leisure Swim</b> 8:00am-12:00pm (S)	<b>Leisure Swim</b> 8:00am-12:00pm (S)	<b>Leisure Swim</b> 8:00-9:00am (S)	<b>Leisure Swim</b> 8:00-10:00am (S)
					<b>Swim Lessons</b> (Sauna, Steam & Hot Tub Only) 9:00am-12:00pm	<b>Family Swim</b> 10:00am-12:00pm (S)
<b>Noon Hour Swim</b> 12:00-1:00pm	<b>Noon Hour Swim</b> 12:00-1:00pm	<b>Noon Hour Swim</b> 12:00-1:00pm	<b>Noon Hour Swim</b> 12:00-1:00pm	<b>Noon Hour Swim</b> 12:00-1:00pm	<b>Noon Hour Swim</b> 12:00-1:00pm	<b>Noon Hour Swim</b> 12:00-1:00pm
<b>Leisure Swim</b> ★ 1:00-3:00pm (S)	<b>Leisure Swim</b> 1:00-4:30pm (S) ✱	<b>Leisure Swim</b> 1:00-3:00pm (S)	<b>Leisure Swim</b> 1:00-4:30pm (S)	<b>Leisure Swim</b> 1:00-3:00pm (S) ✱	<b>Fun Swim</b> 1:00-3:00pm (S)	<b>Fun Swim</b> 1:00-3:00pm (S)
<b>Swim Lessons</b> (Sauna, Steam & Hot Tub Only) 3:00-5:30pm	<b>Swim Lessons</b> (Sauna, Steam & Hot Tub Only) 4:30-8:30pm	<b>Swim Lessons</b> (Sauna, Steam & Hot Tub Only) 3:00-5:30pm	<b>Swim Lessons</b> (Sauna, Steam & Hot Tub Only) 4:30-8:30pm	<b>Swim Lessons</b> (Sauna, Steam & Hot Tub Only) 3:00-5:30pm	<b>Swim Lessons</b> (Sauna, Steam & Hot Tub Only) 3:00-5:30pm	<b>Swim Lessons</b> (Sauna, Steam & Hot Tub Only) 3:00-5:30pm
<b>Leisure Swim</b> 5:30 – 6:30 pm (S)		<b>Leisure Swim</b> 5:30 – 6:30 pm (S)		<b>Leisure Swim</b> 5:30 – 6:30 pm (S)		
<b>Fun Swim (S)</b> 6:30-8:30pm		<b>Family Swim</b> 6:30-8:30pm		<b>Fun Swim (S)</b> 6:30-8:30pm		
<b>Adult Swim</b> 8:30-10:00pm	<b>Leisure Swim</b> 8:30-10:00pm (S)	<b>Adult Swim</b> 8:30-10:00pm	<b>Leisure Swim</b> 8:30-10:00pm (S)	<b>Adult Swim</b> 8:30-10:00pm (S)	<b>Youth Swim</b> 7:30-9:00pm (S)	<b>Adult Swim</b> 7:30-9:00pm
					<b>Special Programming</b> 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 rental 1:00-300pm. Please call ahead.  
 (★) **NEW Sensory Swim June 10th**  
**Children 7yrs and younger MUST be accompanied in the water by an adult (16yrs+), within arm's reach of an adult at all times!**

Gordon Head Recreation Centre – Drop-In Programs

☎ 250-475-7100

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Waterfit</b> 9:00 – 10:00am Inst: Char	<b>Waterfit</b> 9:00 – 10:00am Inst: Lauren	<b>Waterfit</b> 9:00 – 10:00am Inst: Susanne	<b>Waterfit</b> 9:00 – 10:00am Inst: Karen	<b>Waterfit</b> 9:00 – 10:00am Inst: Wanda	<b>Waterfit</b> 8:00 – 9:00am Inst: Mary-Jane	
<b>Waterfit</b> 5:30 – 6:30pm Inst: Ainsley	<b>Waterfit</b> 10:00 – 11:00am Inst: Lauren		<b>Waterfit</b> 10:00 – 11:00am Inst: Karen	<b>Waterfit</b> 5:30 – 6:30pm Inst: Ainsley		
	<b>Masters Swimming</b> 8:30 – 9:30pm Inst: Quinn		<b>Masters Swimming</b> 8:30 – 9:30pm Inst: Santiago			

**PLEASE SEE SWIM DESCRIPTIONS FOR MORE INFORMATION**

### Statutory Holidays

Monday, May 20<sup>th</sup> - See adjusted pool schedule.

### Staff Training

Sunday, Apr 14<sup>th</sup> - Pool closes at 5:30pm

### 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 available for length swimming unless (S) is indicated.

**\*An adult (16 yrs+) must accompany children under the age of 13yrs for the duration of the swim.**

**Leisure Swim** - The standard pool swim... All ages & skills levels are welcome! Come and enjoy limited length swimming, shared use of the leisure pool & tots pool, or relax in the hot tub, sauna, and steam room. A variety of lane orientations will be used to best suit the needs of this swim. Only one single lane is available for length swimmers. (S) indicates shared space with programs or rental groups.

**\*An adult (16 yrs+) must accompany children under the age of 13yrs for the duration of the swim.**

**Noon Hour Swim** - The midday lengths... All ages & skill levels are welcome; 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 available for leisure & length swimming. Children Must respect the nature of the swim. Spray features may not be available at this time. **\*No music will be played during this time.**

**\*An adult (16 yrs+) must accompany children under the age of 13yrs for the duration of the swim.**

**Swim Lessons** - Come learn to swim... Lessons are offered for all ages and abilities. The sauna, steam room and hot tub are open, but all other pool areas are prioritized for programs. Space may be available at the discretion of our staff.

**Family Swim** - Spend some family time together at the pool ... A great time to come to the pool together as a family for a fun, high energy swim! Family Swims are like fun swim; however, the rock wall, slide and water features may not be available. (S) indicates shared space with programs or rental groups.

**\*An adult (16 yrs+) must accompany children under the age of 13yrs for the duration of the swim.**

**Fun Swim** - Bring the fun... Fun for all ages, bring your friends and family for a high energy swim time in the pool. The rock wall and slide will be opened periodically along with the water features. Length swimming may not be available. (S) indicates shared space with programs or rental groups.

**Adult Swim** - No kids allowed... A mature, relaxing swim with flexible options for length swimming and leisure time. (S) indicates shared space with programs or rental groups.

**\*All participants must be at least 16 years old.**

**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. **\*Adults are welcome but must respect the nature of the swim**

**\*All participants must be at least 10 years old.**

**\*For All Swims and All the Pools – Children 7 years and under must be within arms-reach of an adult (16+yrs) in the water at all times.**

### SPECIAL SCHEDULES

**Schools Out Fun Swims 1:00-3:00pm**

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

Tuesday April 2<sup>nd</sup> – SD 61 & 63 (Non instructional day)

Monday April 22<sup>nd</sup> - SD 63 (Non instructional day)

Friday May 17<sup>th</sup> – SD 61 & 63 (Non instructional day)

### DROP-IN PROGRAM DESCRIPTIONS

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

### **NEW\***

**Masters Swimming** - A supervised drop-in swim workout for all ages to refine strokes. Join us in a fun inclusive non-competitive environment. The focus will be on lane swimming for fitness, and the ability to swim several lengths is required.

### COMMUNITY SERVICE PROGRAMMING

For information regarding the Cultural & 2SLGBTQ Swims please contact [jason.jones@saanich.ca](mailto:jason.jones@saanich.ca)

For information regarding the Sensory Swim please contact [loryn.anderson@saanich.ca](mailto:loryn.anderson@saanich.ca)

### **★ Sensory Swim – June 10<sup>th</sup> 1:00 pm – 3:00 pm**

In order to support the community, need for a safe space for patrons with sensitivities, the sensory swims have been created. During these sessions the pools, sauna and steam room are available. The swim features: reduced noise and water features, no music, no announcements, clear times and transitional warnings, and designated sensory friendly break rooms

### **2SLGBTQ Swim – May 11<sup>th</sup>, Jun 8<sup>th</sup>**

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.

**\*For All Swims and All the Pools – Children 7 years and under must be within arms-reach of an adult (16+yrs) in the water at all times.**