



**Gordon Head Recreation Centre - Drop-in Swim Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Bird</b> 6:00-8:00am (S)	<b>Early Bird</b> 6:00-8:00am	<b>Early Bird</b> 6:00-8:00am (S)	<b>Early Bird</b> 6:00-8:00am	<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> 8:00-12:00pm (S)	<b>Leisure Swim</b> 8:00-12:00pm (S)	<b>Leisure Swim</b> 8:00-12:00pm (S)	<b>Leisure Swim</b> 8:00-12:00pm (S)	<b>Leisure Swim</b> 8:00-12:00pm (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) 9:00-12:00pm	<b>Fun Swim</b> 10:00-12:00pm (S)
<b>Noon Hour</b> 12:00-1:00pm	<b>Noon Hour</b> 12:00-1:00pm	<b>Noon Hour</b> 12:00-1:00pm	<b>Noon Hour</b> 12:00-1:00pm	<b>Noon Hour</b> 12:00-1:00pm	<b>Noon Hour</b> 12:00-1:00pm	<b>Noon Hour</b> 12:00-1:00pm
<b>Sensory 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</b> 5:30-7:30pm (S)	<b>Fun Swim</b> 5:30-7:30pm (S)
<b>Fun Swim</b> 6:30-8:30pm (S)		<b>Fun Swim</b> 6:30-8:30pm (S)		<b>Fun Swim</b> 6:30-8:30pm (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	<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	<b>Adult Swim</b> 7:30-9:00pm
					<b>After Hours 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 rentals 1:00-300pm. 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!**

**Gordon Head Recreation Centre – Drop-In Programs**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Waterfit</b> 9:00 – 10:00am Inst: Michelyn		<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: Various	<b>Waterfit</b> 8:00 – 9:00am Inst: Mary-Jane	
<b>Waterfit</b> 5:30 – 6:30pm Inst: Ainsley			<b>Waterfit</b> 5:30 – 6:30pm Inst: Michelyn	<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: Marc		<b>Masters Swimming</b> 8:30 – 9:30pm Inst: Noah			

**PLEASE SEE SWIM DESCRIPTIONS FOR MORE INFORMATION**

## SPECIAL SCHEDULES

### **Statutory Holidays**

Monday, September 30<sup>th</sup> - See adjusted pool schedule

Monday, October 14<sup>th</sup> - See adjusted pool schedule

Monday, November 11<sup>th</sup> - See adjusted pool schedule

### **Staff Training**

Sunday, Sept 22<sup>nd</sup> - Pool closes at 3:00pm

## 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** - 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 or 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.

**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. Drop-In Master swimming group available on Tuesdays and Thursdays. **(S)** indicates shared space with programs or rental groups.

**\*All participants must be at least 16yrs 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 10yrs 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.**

### **School's Out Fun Swims 1:00-3:00pm**

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

Monday, September 23<sup>rd</sup> - SD 61 & 63 (Non instructional day)

Friday, October 25<sup>th</sup> - SD 61 & 63 (Non instructional day)

Monday, November 18<sup>th</sup> - SD 63 (Non instructional day)

Friday, November 22<sup>nd</sup> - SD 61 (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.

**Masters Swimming** - A supervised drop-in swim workout for all ages and skill levels. Come work on your strokes 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 SERVICES SWIMS

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

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

### **Sensory Swim**

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. Everyone is welcome but must respect the nature of the swim.

### **2SLGBTQ Swim - Oct 19, Nov 16, & Dec 14**

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.**