

 FALL 2026 September 8 th – December 18 th				 250-475-7100		
Gordon Head Recreation Centre - Drop-in Swim Schedule						
The steam room at Gordon Head Recreation Centre is temporarily closed for renovations and will remain closed until further notice.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths & Leisure Swim 6:00-8:00am (S)	Lengths & Leisure Swim 6:00-8:00am	Lengths & Leisure Swim 6:00-8:00am (S)	Lengths & Leisure Swim 6:00-8:00am	Lengths & Leisure Swim 6:00-8:00am (S)	Lengths & Leisure Swim 6:00-8:00am (S)	Lengths & Leisure Swim 6:00-8:00am (S)
Leisure Swim 8:00am – 12:00pm (S)	Leisure Swim 8:00am – 12:00pm (S)	Leisure Swim 8:00am – 12:00pm (S)	Leisure Swim 8:00am – 12:00pm (S)	Leisure Swim 8:00am – 12:00pm (S)	Leisure Swim 8:00 – 9:00am (S)	Leisure Swim 8:00 – 10:00am (S)
					Swim Lessons (Sauna & Hot Tub Only) 9:00am-12:00pm	Fun Swim 10:00-12:00pm (S)
Lengths & Leisure Swim 12:00 – 1:00pm	Lengths & Leisure Swim 12:00 – 1:00pm	Lengths & Leisure Swim 12:00 – 1:00pm	Lengths & Leisure Swim 12:00 – 1:00pm	Lengths & Leisure Swim 12:00 – 1:00pm	Lengths & Leisure Swim 12:00 – 1:00pm (S)	Lengths & Leisure Swim 12:00 – 1:00pm (S)
Sensory Swim 1:00-3:00pm (S)	Leisure Swim 1:00 – 4:30pm (S) ✱	Leisure Swim 1:00 – 3:00pm (S)	Leisure Swim 1:00 – 4:30pm (S)	Leisure Swim 1:00 – 3:00pm (S) ✱	Fun Swim 1:00 – 3:00pm (S)	Fun Swim 1:00 – 3:00pm (S)
Swim Lessons (Sauna & Hot Tub Only) 3:00-6:30pm	Swim Lessons (Sauna & Hot Tub Only) 4:30-830pm	Swim Lessons (Sauna & Hot Tub Only) 3:00-6:30pm	Swim Lessons (Sauna & Hot Tub Only) 4:30-8:30pm	Swim Lessons (Sauna & Hot Tub Only) 3:00-6:30pm	Swim Lessons (Sauna & Hot Tub Only) 3:00-5:30pm	Swim Lessons (Sauna & Hot Tub Only) 3:00-5:30pm
Fun Swim 6:30 – 8:30pm (S)		Fun Swim 6:30 – 8:30pm (S)		Fun Swim 6:30 – 8:30pm (S)	Fun Swim 5:30 – 7:30pm (S)	Fun Swim 5:30 – 7:30pm (S)
Adult Swim 8:30-10:00pm	Leisure Swim 8:30 – 10:00pm (S)	Adult Swim 8:30 – 10:00pm (S)	Leisure Swim 8:30 – 10:00pm (S)	Adult Swim 8:30 – 10:00pm	Youth Swim 7:30-9:00pm (S)	Adult Swim 7:30 – 9:00pm (S)
					After Hours 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!				
Gordon Head Recreation Centre – Drop-In Programs						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aquafit 9:00 – 10:00am Inst: Jaela	Aquafit 9:00 – 10:00am Inst: Peggy	Aquafit 9:00 – 10:00am Inst: Karen	Aquafit 9:00 – 10:00am Inst: Crissy	Aquafit 8:00 – 9:00am Inst: Mary-Jane	Aquafit 8:00 – 9:00am Inst: Rashin
Aquafit 5:30 – 6:30pm Inst: Ainsley	Aquafit 10:00 – 11:00am Inst: Jaela	Aquafit 5:30 – 6:30pm Inst: Crissy	Aquafit 10:00 – 11:00am Inst: Karen			
	Masters Swimming 8:30 – 9:30pm Inst: Lily		Masters Swimming 8:30 – 9:30pm Inst: Noah			