

 FALL 2025 September 1st – December 19th (250) 475-7100						
Gordon Head Recreation Centre - Drop-in Swim Schedule						
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, Steam & 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, Steam & Hot Tub Only) 3:00-6:30pm	Swim Lessons (Sauna, Steam & Hot Tub Only) 4:30-830pm	Swim Lessons (Sauna, Steam & Hot Tub Only) 3:00-6:30pm	Swim Lessons (Sauna, Steam & Hot Tub Only) 4:30-8:30pm	Swim Lessons (Sauna, Steam & Hot Tub Only) 3:00-6:30pm	Swim Lessons (Sauna, Steam & Hot Tub Only) 3:00-5:30pm	Swim Lessons (Sauna, Steam & 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 6:30 – 8:30pm (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. <u>Children 7yrs and younger MUST be accompanied in the water by an adult (16yrs+), within arm’s reach of an adult at all times!</u>				
Gordon Head Recreation Centre – Drop-In Programs						
(250) 475-7100						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit 9:00 – 10:00am Inst: Michelyn	Aquafit 9:00 – 10:00am Inst: Lucia	Aquafit 9:00 – 10:00am Inst: Lucia	Aquafit 9:00 – 10:00am Inst: Karen	Aquafit 9:00 – 10:00am Inst: Crissy	Aquafit 8:00 – 9:00am Inst: Mary-Jane	
Aquafit 5:30 – 6:30pm Inst: Ainsley	Aquafit 10:00 – 11:00am Inst: Lucia	Aquafit 5:30 – 6:30pm Inst: Julia	Aquafit 10:00 – 11:00am Inst: Karen			
	Masters Swimming 8:30 – 9:30pm Inst: Taylor		Masters Swimming 8:30 – 9:30pm Inst: Sophia			

PLEASE SEE SWIM DESCRIPTIONS FOR MORE INFOMATION

SPECIAL SCHEDULES

Statutory Holidays

Monday September 1st - Facility Closed
Tuesday, September 30th - See adjusted pool schedule
Monday, October 13th - See adjusted pool schedule
Tuesday, November 11th - See adjusted pool schedule

Staff Training

Sunday, September 21st - Pool closes at 5:30pm

SWIM DESCRIPTIONS

Lengths & Leisure Swim - Enjoy length swimming in the lap pool, playing in the leisure or tot pools, or relaxing in the hot tub, sauna, and steam room. **(S)** indicates shared space with programs or rental groups. **Music Free Swim Times: 12:00-1:00pm** ***An Adult (16 yrs+) must accompany children under the age of 13yrs for the duration of the swim.**

Leisure Swim - Come enjoy shared use of the lap, leisure & tots pool, or relax in the hot tub, sauna, and steam room. A variety of lane orientations may be used to best suit the needs of this swim. **Length swimming may not be available during this time.** **(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.**

Lessons & Programs – A variety of lessons and aquatic programs 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 staff.

Fun Swim - Fun for all ages, bring your friends and family for a high energy swim time in the pool. The rock wall, slide & monkey bars can be opened periodically along with the water features at the discretion of the staff. **Length swimming is not typically available during this time.** **(S)** indicates shared space with programs or rental groups.

Youth Swim – A high energy swim night for tweens & teens. The rock wall, slide & monkey bars can be opened periodically along with the water features at the discretion of the staff. Adults are welcome but must respect the nature of the swim. Length swimming is not typically offered during this time. **(S)** indicates shared space with programs or rental groups. ***All participants must be at least 10yrs old.**

Adult Swim - 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 16yrs 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.**

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

You’ve got the day off school and the pool is waiting for you!
Monday, September 22nd - SD 61 & 63 (Non instructional day)
Friday, October 24th - SD 61 & 63 (Non instructional day)
Monday, November 21st - SD 61 & 63 (Non instructional day)

DROP-IN PROGRAM DESCRIPTIONS

Aquafit - 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
For information regarding the 2SLGBTQ & culturally safe swims please contact jason.jones@saanich.ca

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 11th, Nov 8th, Dec 13th

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.

PROMTIONAL SWIMS

Splash Savings Swim Sessions – Wednesdays Sep 3rd, Oct 1st, Nov 5th, Dec 3rd - 6:30 – 8:30 pm

These special swim sessions are a chance for everyone to enjoy our aquatic facilities at a reduced admission rate. Keep an eye out for future Splash Savings Swims to be posted on the pool schedule.

***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.**