



SUMMER 2025 June 30th – September 1st

Gordon Head Recreation Centre - Drop-in Swim Schedule

250-475-7100

Effective SUMMER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Advanced Aquatics will be sharing the pool space Monday – Friday 8:30 am – 6:30 pm						
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 8:00-9:30am (S)	Leisure Swim 8:00-9:30am (S)	Leisure Swim 8:00-9:30am (S)	Leisure Swim 8:00-9:30am (S)	Leisure Swim 8:00-9:30am (S)	Leisure Swim 8:00-9:30am (S)	Leisure Swim 8:00-10:00am (S)
Lessons & Programs (Sauna, Steam & Hot Tub Only) 9:30am-12:00pm	Lessons & Programs (Sauna, Steam & Hot Tub Only) 9:30am-12:00pm	Lessons & Programs (Sauna, Steam & Hot Tub Only) 9:30am-12:00pm	Lessons & Programs (Sauna, Steam & Hot Tub Only) 9:30am-12:00pm	Lessons & Programs (Sauna, Steam & Hot Tub Only) 9:30am-12:00pm	Lessons & Programs (Sauna, Steam & Hot Tub Only) 9:30am-12:00pm	Fun Swim 10:00-12:00pm (S)
Lengths & Leisure Swim 12:00-1:00pm (S)	Lengths & Leisure Swim 12:00-1:00pm (S)	Lengths & Leisure Swim 12:00-1:00pm (S)	Lengths & Leisure Swim 12:00-1:00pm (S)	Lengths & Leisure Swim 12:00-1:00pm (S)	Lengths & Leisure Swim 12:00-1:00pm (S)	Lengths & Leisure Swim 12:00-1:00pm (S)
Fun Swim 1:00-3:00pm (S)	Fun Swim 1:00-3:00pm (S)	Fun Swim 1:00-3:00pm (S)	Fun Swim 1:00-3:00pm (S)	Fun Swim 1:00-3:00pm (S)	Fun Swim 1:00-3:00pm (S)	Fun Swim 1:00-3:00pm (S)
Lessons & Programs (Sauna, Steam & Hot Tub Only) 3:00-5:30pm	Leisure Swim 3:00 – 4:30pm (S)	Lessons & Programs (Sauna, Steam & Hot Tub Only) 3:00-5:30pm	Leisure Swim 3:00 – 4:30pm (S)	Lessons & Programs (Sauna, Steam & Hot Tub Only) 3:00-5:30pm	Leisure Swim 3:00-4:30pm (S)	Leisure Swim 3:00-4:30pm (S)
	Lessons & Programs (Sauna, Steam & Hot Tub Only) 4:30-7:30pm		Lessons & Programs (Sauna, Steam & Hot Tub Only) 4:30-7:30pm		Fun Swim 4:30-6:30pm	Fun Swim 4:30-6:30pm (S)
Fun Swim 5:30-7:30pm		Fun Swim 5:30-7:30pm		Fun Swim 5:30-7:30pm	Youth Swim 6:30-8:00pm	Adult Swim 6:30-8:00pm
Adult Swim 7:30-9:00pm	Leisure Swim 7:30-9:00pm (S)	Adult Swim 7:30-9:00pm	Leisure Swim 7:30-9:00pm (S)	Adult Swim 7:30-9:00pm		

Notes & Additional Information

(S) indicates shared space with programs or rental groups.
Music Free Swim Times: 12:00-1:00pm Daily
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
Aquafit 8:30– 9:30am Inst: Michelyn	Aquafit 8:30– 9:30am Inst: Various	Aquafit 8:30– 9:30am Inst: Susanne	Aquafit 8:30– 9:30am Inst: Karen	Aquafit 8:30– 9:30am Inst: Various	Aquafit 8:00– 9:00am Inst: Mary-Jane	Aquafit 8:00– 9:00am Inst: Crissy
Aquafit 4:30 – 5:30pm Inst: Ainsley		Aquafit 4:30 – 5:30pm Inst: Michelyn		Aquafit 4:30 – 5:30pm Inst: Amanda		
	Masters Swimming 7:30 – 8:30pm Inst: Sarah		Masters Swimming 7:30 – 8:30pm Inst: Taylor			

PLEASE SEE SWIM DESCRIPTIONS FOR MORE INFORMATION

SPECIAL SCHEDULES

Statutory Holidays - Facility Closed

Tuesday, Jul 1st

Monday, Aug 4th

Monday, Sep 1st

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 not 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.**

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 SERVICE PROGRAMMING

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

★Sensory Swim – No upcoming dates in the Summer Schedule

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 – No upcoming dates in the Summer Schedule

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.

PROMOTIONAL SWIMS

Splash Savings Swim Sessions – No upcoming dates in the Summer Schedule

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.**