



## Good Friday

Gordon Head Recreation Centre - Swim Schedule

☎ 250-475-7100

**Friday**

**March 29<sup>th</sup> 2024**

**Early Bird**

8:00-10:00am (S)

**Family Swim**

10:00am-12:00am (S)

**Noon Hour**

12:00-1:00pm

**Fun Swim**

1:00-3:30pm (S)

**Gordon Head Recreation Centre – Drop-In Program Schedule**

☎ 250-475-7100

**Friday**

**March 29<sup>th</sup> 2024**

**NO CLASS SCHEDULED**

**Notes & Additional Information**

(S) Indicates shared pool      **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!

### SWIM DESCRIPTIONS

**Early Bird Swim** - 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.**

**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 and slide and water features may not be available. (S) indicates shared space with programs or rental groups.

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

**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 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**

**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.

**\*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.**