


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Swim 6:00-8:00am (S)	Early Bird Swim 6:00-8:00am	Early Bird Swim 6:00-8:00am (S)	Early Bird Swim 6:00-8:00am	Early Bird Swim 6:00-8:00am (S)	Early Bird Swim 6:00-8:00am (S)	Early Bird 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	Family Swim 10:00am-12:00pm (S)
Noon Hour Swim 12:00 – 1:00pm	Noon Hour Swim 12:00 – 1:00pm	Noon Hour Swim 12:00 – 1:00pm	Noon Hour Swim 12:00 – 1:00pm	Noon Hour Swim 12:00 – 1:00pm	Noon Hour Swim 12:00 – 1:00pm (S)	Noon Hour 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) 3:00-5:30pm	Swim Lessons (Sauna, Steam & Hot Tub Only) 4:30-830pm	Swim Lessons (Sauna, Steam & Hot Tub Only) 3:00-5:30pm	Swim Lessons (Sauna, Steam & Hot Tub Only) 4:30-8:30pm	Swim Lessons (Sauna, Steam & Hot Tub Only) 3:00-5:30pm	Leisure Swim 3:00 – 6:00 pm (S)	Swim Lessons (Sauna, Steam & Hot Tub Only) 3:00-5:30pm
Leisure Swim 5:30 – 6:30 pm (S)		Leisure Swim 5:30 – 6:30 pm (S)		Leisure Swim 5:30 – 6:30 pm (S)		
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)
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	POOL CLOSED AT 6:00 PM	Adult Swim 7:30 – 9:00pm (S)

Gordon Head Recreation Centre – Drop-In Programs

 250-475-7100

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Waterfit 9:00 – 10:00am Inst: Michelyn	Waterfit 9:00 – 10:00am Inst: Jaela	Waterfit 9:00 – 10:00am Inst: Susanne	Waterfit 9:00 – 10:00am Inst: Karen	Waterfit 9:00 – 10:00am Inst: Crissy	Waterfit 8:00 – 9:00am Inst: Mary-Jane	Waterfit 8:00 – 9:00am Inst: Cindy
Waterfit 5:30 – 6:30pm Inst: Ainsley	Waterfit 10:00 – 11:00am Inst: Jaela	Waterfit 5:30 – 6:30pm Inst: Various	Waterfit 10:00 – 11:00am Inst: Karen	Waterfit 5:30 – 6:30pm Inst: Various		
	Masters Swimming 8:30 – 9:30pm Inst: Jordan		Masters Swimming 8:30 – 9:30pm Inst: Various			

PLEASE SEE SWIM DESCRIPTIONS FOR MORE INFOMATION

SPECIAL SCHEDULES

Statutory Holidays

Friday, Apr 18th - See adjusted pool schedule.
Monday, Apr 21st - See adjusted pool schedule.
Monday, May 19th - See adjusted pool schedule.

Staff Training

Sunday, Apr 13th - Pool closes at 5:30pm

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. Tuesday and Thursday have three double lanes available for lengths and leisure. Days where an **(S)** is indicated have two double lanes available for lengths and leisure swimming.

***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 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 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. **(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.**

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

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

Friday April 11th – SD 61 (Non instructional day)

Friday May 16th – SD 61 & 63 (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

For information regarding the 2SLGBTQ & culturally safe swims please contact 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 – No upcoming dates in the Spring 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 – Wednesdays Apr 2nd, May 7th, Jun 4th - 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.**