

Aquatics

Gordon Head 'Swim With Me' Swim Lesson Schedule

Once A Week	Monday	Tuesday	Thursday	Friday	Saturday
SESSION DATES	Jan 4 - Mar 8 (9) No lesson Feb 15	Jan 5 - Mar 9 (10)	Jan 7 - Mar 11 (10)	Jan 8 - Mar 12 (10)	Jan 9 - Mar 13 (9) No lesson Feb 13
Starfish & Duck 4-24mths (Swim With Me) 30 mins	4:15pm 44810 4:30pm 44806			5:30pm 44808	9:30am 44809
Sea Turtle 2-3yrs (Swim With Me) 30 mins	5:15pm 44795	4:15pm 44796 5:15pm 44797	4:15pm 44800 5:15pm 44801	4:15pm 44802 5:15pm 44803	9:15am 44804 10:15am 44805
Sea Otter 3-6yrs (Swim With Me) 30 mins	4:45pm 44774 5:00pm 44775 6:00pm 44776	4:45pm 44777 5:30pm 44778 6:00pm 44779	4:45pm 44783 5:30pm 44784 6:00pm 44785	4:30pm 44786 4:45pm 44787 6:00pm 44789 6:15pm 44788	9:45am 44790 10:30am 44791 11:00am 44792 11:15am 44793
Salamander & Sunfish 3-6yrs (Swim With Me) 30 mins	5:30pm 44755 5:45pm 44756 6:30pm 44757	5:00pm 44758 5:45pm 44759 6:15pm 44760 6:30pm 44773	5:00pm 44764 5:45pm 44765 6:15pm 44766 6:30pm 44900	5:00pm 44767 5:45pm 44768 6:30pm 44769	10:00am 44770 10:45am 44771 11:30am 44772
Crocodile & Whale 3-6yrs (Swim With Me) 30 mins	6:15pm 44751				
Swim Kids 1 & 2 5yrs+ (Swim With Me) 30 mins	4:30pm 44811 5:00pm 44812 5:15pm 44895 5:45pm 44814 6:15pm 44815	4:30pm 44816 5:00pm 44817 5:30pm 44818 5:45pm 44819 6:15pm 44820	4:30pm 44826 5:00pm 44827 5:30pm 44828 5:45pm 44829 6:15pm 44830	4:30pm 44831 5:00pm 44832 5:15pm 44833 5:30pm 44834 5:45pm 44835 6:15pm 44903	9:30am 44836 10:00am 44837 10:30am 44838 10:45am 44839 11:15am 44840
Swim Kids 3 & 4 5yrs+ (Swim With Me) 30 mins	4:15pm 44841 4:45pm 44842 5:30pm 44894 6:00pm 44843 6:30pm 44844	4:15pm 44845 4:45pm 44846 5:15pm 44847 6:00pm 44848 6:30pm 44849	4:15pm 44853 4:45pm 44854 5:15pm 44855 6:00pm 44899	4:15pm 44858 4:45pm 44859 6:00pm 44860 6:30pm 44861	9:15am 44862 9:45am 44863 10:15am 44864 11:00am 44865 11:30am 44866
Swim Kids 5 & 6 5yrs+ 30 mins	4:30pm 44867 5:30pm 44868	5:00pm 44869 5:30pm 44870 6:30pm 44896	4:30pm 44873 5:30pm 44874	4:30pm 44875 5:30pm 44876 6:30pm 44877	9:30am 44878 11:00am 44879
Swim Kids 7 & 8 5yrs+ 30 mins	5:00pm 44880 6:00pm 44881	4:30pm 44882	5:00pm 44885 6:30pm 44898	6:00pm 44886	10:00am 44887
Swim Kids 9 & 10 5yrs+ 30 mins	6:30pm 44888	6:00pm 44889	6:00pm 44891	5:00pm 44892	10:30am 44893
Teen Lessons 12+yrs+ 30 mins			6:30pm 46516	11:30am 44904	
Session Prices	30 min = \$59	30 min = \$65	30 min = \$65	30 min = \$65	30 min = \$65

Swim With Me Lessons

Swim with Me adaptation:

A maximum of one adult (16 yrs+) must attend the lesson, changed in a bathing suit, in the water, with the swim participant during the entire lesson. Instructor teaches primarily from edge of the pool deck.

For parents with multiple children, please note that for all "Swim with Me" classes there must be 1 adult support for each individual swim participant (a 1:1 ratio) regardless of age; even for children of the same household in the same class.

Click on the [Program Number](#) to link to the Saanich Rec Online Registration website



Missed Lessons

Due to the number of participants in the Swim with Me program, we are unable to schedule make-up lessons.



Aquatics

Gordon Head 'Swim With Me' Swim Lesson Schedule

SPRING BREAK

	Mon - Fri	
SESSION DATES	Mar 15 - 26 (10)	
Starfish & Duck 4-24mths (Swim with Me) 30 mins	4:15pm 4:30pm	44914 44913
Sea Turtle 2-3yrs (Swim With Me) 30 mins	5:15pm	44912
Sea Otter 3-6yrs (Swim With Me) 30 mins	4:45pm 5:00pm 6:00pm	44909 44910 44911
Salamander & Sunfish 3-6yrs (Swim With Me) 30 mins	5:30pm 5:45pm 6:30pm	44906 44907 44908
Crocodile & Whale 3-6yrs (Swim With Me) 30 mins	6:15pm	44905
Swim Kids 1 & 2 5yrs+ (Swim With Me) 30 mins	4:30pm 5:00pm 5:15pm 5:45pm 6:15pm	44915 44916 44919 44917 44918
Swim Kids 3 & 4 5yrs+ (Swim With Me) 30 mins	4:15pm 4:45pm 5:30pm 6:00pm 6:30pm	44920 44921 44924 44922 44923
Swim Kids 5 & 6 5yrs+ 30 mins	4:30pm 5:30pm	44925 44926
Swim Kids 7 & 8 5yrs+ 30 mins	5:00pm 6:00pm	44927 44928
Swim Kids 9 & 10 5yrs+ 30 mins	6:30pm	44929
Session Prices	30 min = \$65	

WATERFIT SCHEDULES

Waterfit Schedules for both Gordon Head and Commonwealth Pools can be found in the Fitness Section. Times and days at both Centres vary.

Click on the [Program Number](#) to link to the Saanich Rec Online Registration website



All registered drop-in lengths and family swims are booked for 1 hour at a time. You can reserve up to 7 days in advance. If you need assistance getting in and out of the pools, please bring an adult helper with you. Your reserved time includes the time it takes to check-in. Please stay home if you're sick.

Gordon Head Recreation Centre

Family and Leisure Swims

A great time for families to swim together and for those looking to enjoy a relaxing swim! Pool space includes the Leisure Pool, Tots Pool, and hot tub. Lap Pool use varies depending on the time of day, please see swim descriptor for more information. The sauna, steam room and spray features are not available at this time. Children under 13 years of age must be accompanied in the water by an adult (16yrs+). Please register each member of your family who will be attending the swim.

Pool Rentals

A great option for those looking to host their own private event. Bookings are for 1.5 hours during select times only. Rental includes use of all Gordon Head pools and hot tub. The sauna, steam room, and spray features are not available and the swim is limited to a maximum of 40 people. These rentals are designed to support our community users and are not meant for club bookings. To book your next swim, contact our bookings clerk at 250-475-7100.

Swim Lessons

Lessons now include Teen Swim Lessons (ages 12 – 15 years), Red Cross School Aged and Preschool fivedays a week! Reserved Drop-In Starfish and Duck (Parent and Tot) classes, and Simple Set private lessons.