



Aquatics

January to March 2021

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.

Saanich Commonwealth Place

Adult Leisure Swim in the Wave Pool (16+)

If you like warmer water, a pool that you can walk into, and a spot to socially distance yourself as you float, or work out in one spot, this time is for you. We will not be turning the waves or spray features on during this time.

Deep Water Walking - Individual Workout (16+)

Join us for a physically distanced walk in the deepest pool in the city! Our 16ft deep Dive Tank is kept at 29 degrees C and is perfect for the slower pace of water walking. Please note: there is no instructor. You will be in the water with up to 8 people, moving in a large circle.

Adult Lengths (16+)

The Competition, Dive and Teach pools are set up for 25m lengths. Please note: if you are swimming in the Competition pool, it is set up with competition lane ropes designed to break the wake. To get in and out of this pool you may have to duck under several of these ropes.

Family Pod Swims

A great chance for your family to swim together! Pool space will be limited to the Wave Pool. Children under 16 years of age must be accompanied in the water by an adult (16+). Families can reserve a one hour session on Saturday and Sunday afternoons. A family can reserve a space for up to six members from the same household for \$14.

Lessons

Red Cross School Aged and Preschool lessons are running on Saturday and Sunday mornings. The classes are 30 minutes long and include an instructor. Please note: report cards will not be given out at this time, but we will let you know what level your child should go into as well as a badge or sticker upon completion. One adult must accompany each child in the water up to level 4. area for family members. Offered on Saturdays and Sundays.

Registered Lengths

Adult (16+)

Looking for a consistent time to come in and swim lengths in the competition pool? From January to March, we have set aside 8 spots for you each Monday, Tuesday, Wednesday, Thursday and Friday. Register once, using the barcodes below, and swim for up to 10 weeks! Please arrive to the centre no earlier than 7:20am. Please stay home if you're sick.

46014 M 7:30-8:30am Jan 4-Mar 8* 9/\$63

*No session on Mon, Feb 15th

46015 T 7:30-8:30am Jan 5-Mar 9 10/\$70

46016 W 7:30-8:30am Jan 6-Mar 10 10/\$70

46017 Th 7:30-8:30am Jan 7-Mar 11 10/\$70

46018 F 7:30-8:30am Jan 8-Mar 12 10/\$70

Registered Individual Deep Water Walking

Adult (16+)

Looking for a consistent time to water walk in the dive tank circuit? From January to March, we have set aside 8 spots for you each Monday, Tuesday, Wednesday, Thursday and Friday. Register once, using the barcodes below, and workout for up to 10 weeks! Please arrive to the centre no earlier than 6:50am. Please stay home if you're sick.

46019 M 7:00-8:00am Jan 4-Mar 8* 9/\$63

*No session on Mon, Feb 15th

46020 T 7:00-8:00am Jan 5-Mar 9 10/\$70

46021 W 7:00-8:00am Jan 6-Mar 10 10/\$70

46022 Th 7:00-8:00am Jan 7-Mar 11 10/\$70

46023 F 7:00-8:00am Jan 7-Mar 11 10/\$70

FINANCIAL ASSISTANCE

Our financial assistance program L.I.F.E., Leisure Involvement For Everyone, supports individuals and families living on a low income. Additional grant opportunities are available for children and youth 3-18 years.

Contact mena.westhaver@saanich.ca for more information.

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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.

Gordon Head Recreation Centre Pool Guidelines

- Please stay home if you are sick. If you need to assess your symptoms, call 8-1-1 or use the BC COVID-19 Self-Assessment tool.
- Physical distancing of 2 metres must be maintained at all times, except within your family unit.
- Arrive 15 minutes prior to your class (no earlier).
- Patrons will line up to check in with Receptionist.
- Please come 'ready to swim' with swim suit on under your clothes.
- Change room times are limited.
- The Leisure Pool has a maximum occupancy of 17 people, the hot tub: 6 people, Tots Pool: 2-3 people, and Lap Pool: 48 people.
- Snorkles are not allowed.
- Bring your own filled water bottle. Water fountains on the pool deck are not available.
- Sauna, steam room and spray features are not available at this time.
- Wash your hands when entering the pool area with soap and water for at least 20 seconds and have a quick cleansing shower before using the pool.
- Do not spit or blow your nose in the water.
- Patrons in need of physical assistance should receive help from a family member.
- Patrons may bring their own pool equipment.
- Follow Saanich pool rules and staff directions.
- No refunds are issued for individually missed sessions/classes. If you are sick please contact us before your reserved time and we will apply a credit to your account.
- Those who are unable to follow the guidelines may be asked to leave.

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.

Leisure Assistant Pass

Our Leisure Assistant Pass supports Saanich residents with disabilities, of all ages, who require the assistance of a support person for leisure activities.

Upon presentation of the Leisure Assistant Pass (from any municipality), one support person will be given free or reduced admission. Learn more about Inclusion Services by visiting bit.ly/saanichinclusion