



Valid September 2010-June 2011

# Aquatics

## Swim Schedule

Swimming - Oak Bay Recreation Centre						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Bird 6-9am	Early Bird 6-9am	Early Bird 6-9am	Early Bird 6-9am	Early Bird 6-9am	Early Bird 6-9am	Early Bird 6-9am
**Leisure & Lengths 9am-3pm	Swim Lessons 9-10:30am	Swim Lessons 9-10:30am	Swim Lessons 9-10:30am	**Leisure & Lengths 9am-1:30pm	Swim Lessons 9-11:30am	Swim Lessons 9-11am
	**Leisure & Widths 10:30-11:30am	**Leisure & Lengths 10:30am-3pm	**Leisure & Widths 10:30-11:30am		Integrated Swim 11:30am-1pm	Family Swim 11am-1pm
	**Leisure & Lengths 11:30am-1:30pm 19 years & over		**Leisure & Lengths 11:30am-1:30pm 19 years & over		Kid's Fun Swim 1-5pm	Kid's Fun Swim 1-5pm
	50 & Better 1:30-3pm		50 & Better 1:30-3pm			
Everyone Welcome 3-5pm	Swim Lessons 3-5pm	Swim Lessons 3-5pm	Swim Lessons 3-5pm	Parent & Tot 3-5pm (small pool only)		
Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm
Everyone Welcome 6:30-8:30pm	Swim Lessons 6:30-8pm	Everyone Welcome 6:30-8:30pm	Swim Lessons 6:30-8pm	Kids Fun Swim 6:30-9:30pm	Everyone Welcome 6:30-9:30pm	Everyone Welcome 6:30-9:30pm
Leisure & Lengths 13 years & over 8:30-9:30pm	Leisure & Lengths & Masters All Ages 8-9:30pm	Leisure & Lengths 13 years & over 8:30-9:30pm	Leisure & Lengths & Masters All Ages 8-9:30pm			
16 years & over 9:30pm-1am	16 years & over 9:30pm-1am	16 years & over 9:30pm-1am	16 years & over 9:30pm-1am			
All CHILDREN UNDER 7 YEARS OF AGE MUST BE ACCOMPANIED IN THE WATER & REMAIN IN ARM'S REACH OF A RESPONSIBLE ADULT/GUARDIAN (16 years of age or older) AT ALL TIMES. ** Families are welcome to enjoy the small pool. Children must be accompanied in the water by an adult at all times.					<i>Note: During Swim Lessons the pool &amp; hot tub are not available for drop-in use as there is no lifeguard on duty (*except on Sundays 9-11am).</i>	

See page 2 for Swim Descriptions

**BE SURE TO PICK UP YOUR RECREATION OAK BAY PROGRAM GUIDES. AVAILABLE NOW!**



Oak Bay Recreation Centre  
 1975 Bee Street, Victoria B.C.  
**250-595-SWIM**  
 www.recreation.oakbay.ca

# Swim Descriptions

**50 & BETTER SWIM** This time is specifically for those aged 50 and better!

Enjoy the pool, participate in the 50+ aqua-fit class or relax in the hot tub, steam room or sauna. Adults under 50 years of age are invited to enjoy the sauna, steam room or hot tub during this time.

**ADULT LENGTH SWIM (16 & over)** Nothing is better than a dip in the pool after a long, hard day at work. Enjoy this relaxing adult-only time to swim some lengths, soak in the hot tub or relax in the sauna or steam room. Aquafit in deep-end M & W 6:30pm.

**EARLY BIRD (13 & over)** Kick start your day at Oak Bay!  
Length swimming available, along with aqua fitness classes.  
Children, under 12 years, are permitted in the pool with an adult.

**EVERYONE WELCOME SWIM** Come play in the pool!  
The water slides, Human Hoist, Water Walkway & Rope Swing are some of the equipment available to play on during this swim.

**INTEGRATED SWIM** This swim allows persons with special needs to enjoy the pool for free\*. The family/disabled change rooms are wheelchair accessible and there is a WISPA LIFT to help with transferring while changing. The WISPA LIFT on the pool deck accesses the main pool, the small pool and the hot tub.

(Free admission is for one person with special needs and up to 2 family members or friends.)

**KID'S FUN SWIM** This swim is non-stop action! Slide down the Tunnel Drop Slide or the Slidewinder, drop from the ceiling on the Human Hoist, play on an inflatable toy, swing on the Rope Swing and try your hand at the Log Roll. Don't miss all the fun!

**LATE NIGHT SWIM** (\$2.00 after 11:00 pm)

The mood changes after 9:30pm every night. Enjoy chess or checkers while floating in the small pool, play a game of ping-pong, join in a game of volleyball or just hang out. The pool is open until 1:00am every night.

**LEISURE & LENGTHS** Swim some lengths or relax in the hot tub, steam room or sauna during this quiet swim. Aqua fit classes are offered during some of the swims.

On Tuesday & Thursday evenings there are limited lanes due to Masters.

On Fridays, 9:45- 10:30am, the Slidewinder will be on for Special Education classes.

**LEISURE & WIDTHS** Width swimming is available in the main pool while aquafit takes place in the shallow end.

**MASTERS SWIM** Certified coaches are on deck to give pointers and guide the workout. Workouts tailored to your skill and speed. Three lanes are reserved for this program.

**PARENT & TOT** A special time in the small pool for parents and children under the age of 7. Toys, the small slide & Robbie the Dinosaur will be available for your enjoyment. The main pool is not available during this swim.

**SCHOOL SWIM** A time for local schools to enjoy the pool. The pool is closed to the public during this swim. For rental inquiries call 250-370-7108.

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