

Winter Pool Schedule

January 3-March 9 AND March 26-July 2, 2012. Spring Break Schedule in effect March 10-25 (to be circulated in February).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lengths & Leisure 5:30-8:00am							
Lengths, Leisure & WaterFit 8:00-10:00am					Lengths & Leisure 8:00-9:00am		
					WaterFit & Lengths 9:00-10:00am		
Lessons, Lengths & Leisure 10:00am-11:00am				Public Swim 10:00-11:00am		Lessons & Lengths 10:00am-12:00pm	
Lessons, WaterFit 11:00am-12:00pm				Public Swim, WaterFit 11:00am-12:00pm			
Lengths & Leisure 12:00-1:00pm Quiet Swim: No music, springboard, spray features during this time.						Public Swim 12:00-4:00pm	
Lessons & Lengths 1:00-2:30pm	Public Swim 1:00-2:30pm						
Public Swim 2:30-4:30pm							
Lessons & Lengths 4:30-6:00pm					Family Swim 4:00-6:00pm		
Lessons, Lengths & WaterFit 6:00-7:00pm				NEW! Public Swim \$3 Admission 6:00-9:00pm		Public Swim 6:00- 10:30pm	
Public Swim 7:00-9:00pm	Public Swim, WaterFit 7:00-8:00pm	Public Swim 7:00-9:00pm	Public Swim, WaterFit 7:00-8:00pm				Public Swim 6:00-9:00pm
	Public Swim 8:00-9:00pm		Public Swim 8:00-9:00pm				
Adult Only 9:00-10:30pm NEW! \$2 Admission				Youth Only 9:00-10:00pm		Adult Only 9:00-10:30pm NEW! \$2 Admission	

Swim Descriptions:

Lengths & Leisure: Workout or relax. Ideal time for adult, and parents & tots.

Public Swim: Everyone welcome. During this time lap swimming may be limited to ONE (1) lane.

Family Swim: A great time for families, all children under 16 must be accompanied by an adult.

Waterfit: Please see next page for class descriptions. During this time lap swimming may be limited to ONE (1) lane.

Lessons & Lengths: Admissions for swim lessons participants and persons 16 years and older only. Lap swimming during this time may be limited to ONE (1) lane. Hot tub, sauna and steam room are available.

Adult Only: This swim is designed for adults 16 and older.

Youth Only Friday Nights: Admission for Youth Only (Grade 6-12). Different activities planned each week.



Schedule is subject to change.

Stay connected to the latest updates on [Facebook](#), search: Esquimalt Parks & Recreation and/or [Twitter](#): @EsquimaltRec

Drop-in Sports

Join us for floor hockey, pickleball, indoor soccer, basketball and volleyball when it suits your schedule!

Floor Hockey

Mondays 8:15-10:15pm

Pickleball

Monday/Tuesday/Thursday
1:15-3:15pm

Indoor Soccer

Tuesdays 8:45-10:00pm

Basketball

Thursdays 8:30-10:00pm

Volleyball

Thursdays 6:45-8:15pm
Sundays 7:45-9:15pm

Call 250.412.8500 after 7am on day of program to reserve your spot.