

SEAPARC Leisure Complex – Pool Schedule

Effective November 21, 2021 – December 19, 2021



Book your visit online www.seaparc.ca, in person or by phone 250.642.8000.

Reserve your swim up to two weeks in advance.

Schedules are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Length & Leisure Swim 6:00-6:50am	Length & Leisure Swim 6:00-6:50am	Length & Leisure Swim 6:00-6:50am	Length & Leisure Swim 6:00-6:50am	Length & Leisure Swim 6:00-6:50am		
	Length & Leisure Swim 7:00-7:50am	Length & Leisure Swim 7:00-7:50am	Length & Leisure Swim 7:00-7:50am	Length & Leisure Swim 7:00-7:50am	Length & Leisure Swim 7:00-7:50am		
Length & Leisure Swim 8:00-9:00am	Length & Leisure Swim 8:00-8:50am	Length & Leisure Swim 8:00-8:50am	Length & Leisure Swim 8:00-8:50am	Length & Leisure Swim 8:00-8:50am	Length & Leisure Swim 8:00-8:50am	Length & Leisure Swim 8:00-9:00am	
Everyone Welcome Swim 9:15-11:00am	Aqua Fit 9:05-9:55am	Aqua Fit 9:05-9:55am	Leisure Swim 9:15-10:45am	Aqua Fit 9:05-9:55am	Leisure Swim 9:15-10:45am	Aqua Fit 9:05-9:55am	Registered Swim Lessons No Public Access 9:15-11:30am
	Aqua Fit 10:10-11:00am	Aqua Fit – NEW! Water Walking 10:10-11:00am		Aqua Fit 10:10-11:00am		Aqua Fit 10:10-11:00am	
Everyone Welcome Swim 11:15am-1:00pm	Length & Leisure Swim 11:15am-12:45pm	Length & Leisure Swim 11:15am-12:45pm	Aqua Fit – NEW! Balance, Flexibility & Strength 11:15am-12:00pm		Length & Leisure Swim 11:15am-12:45pm	Length & Leisure Swim 11:15am-12:45pm	
			Length Swim 11:15-12:45pm				
	CLOSED 12:45-3:15pm	CLOSED 12:45-3:45pm	CLOSED 12:45-3:45pm	CLOSED 12:45-3:45pm	CLOSED 12:45-3:15pm	Everyone Welcome Swim 11:45am-1:00pm	
	Everyone Welcome Swim 3:15-4:45pm	Leisure Swim 4:00-6:45pm	SEAPARC Youth Swim Group 3:45-4:45pm	Registered Swim Lessons No Public Access 4:00-7:00pm	SEAPARC Youth Swim Group 3:45-4:45pm		Everyone Welcome Swim 3:15pm-4:45pm
			PCS Swim Club No Public in Lap Pool 5:00-7:00pm		PCS Swim Club No Public in Lap Pool 5:00-7:00pm	Everyone Welcome Swim 5:00-6:30pm	
	Everyone Welcome Swim 6:45-8:30pm	Everyone Welcome Swim 7:15-8:30pm	Aqua Fit 7:20-8:15pm	Length & Leisure Swim 7:15-8:30pm	Everyone Welcome Swim 7:15-8:30pm	Aqua Zumba® 7:20-8:15pm	Everyone Welcome Swim 6:45-8:30pm

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Swim Descriptions

Everyone Welcome Swim

Join us for a swim. Both the leisure pool and lap pool are open for swimming activities. Diving board and rope swing can be open during this swim. A minimum of one swim lane available. Hot tub and Sauna available.

"Family rate" (2 adults & up to 3 children or 1 adult and up to 4 children living in the same household) is available by phone.

Length and Leisure Swim

The Leisure Pool, Hot tub and Sauna and are available. The Lap pool is set up for Lengths. No Diving Board.

Leisure Swim

Access will be limited to the leisure pool, hot tub and sauna. No main pool access.

Aqua Fit – Mornings

This is a combined aqua fit class, designed for both shallow and deep water aqua fit participants. All classes will provide you with a challenging workout with little to no impact on your joints!

Aqua Fit – Evenings

This Aqua Fit class takes place in the shallow end of the pool. This provides a great work out for many different fitness levels.

Aqua Fit – Water Walking **NEW!**

Low-impact exercise to help increase mobility, dexterity and flexibility of the body. Focus on proper posture and alignment through full range of motion movements. This class is great for those with arthritis, osteoporosis or pre/post-surgery.

Aqua Fit – Balance, Flexibility & Strength **NEW!**

This low-impact class will take place in the leisure pool. The therapeutic qualities of warm water will help with working on balance, stretching and flexibility.

Aqua Zumba®

Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba class so you really let loose. Let the music move you and make a splash at this exhilarating Pool Party.

SEAPARC Youth Swim Group (Ages 7-14)

This swim and aquatic activity group will have fun and work on their swimming skills, endurance, try aquatic sports and play fun games. Participants will build confidence in the water while having a ton of fun with their friends. The group swims twice a week. Advanced Registration is required, up to two weeks in advance. Swimming ability: must be comfortable in deep water and be able to swim 25 metres. (\$5/session)

Accessing the pool:

- Please access the pool via the change rooms. All lockers are available.
- Please arrive no earlier than 5 minutes before your scheduled swim time. You will be let in to the pool at your start time.
- Exception: Aqua Fit participants may enter the facility 10 minutes prior to the start of class.

Important information to know before you attend the facility:

- Advanced reservation is recommended for all pool activities and programs. Capacity limits are in place due to maintain safe staff to patron ratios.
- Arrive dressed for your swim and limit the amount of personal items you bring to the facility.
- Check in with reception when you arrive at the facility prior to accessing the change rooms or pool deck.
- Do not use the facilities or attend activities if you are sick or feeling unwell.
- Masks are required for those 9 and over in all indoor public spaces including hallways, washrooms and change rooms.
- **24 hours' notice is required to cancel a reservation.**