

SEAPARC Leisure Complex – Pool Schedule June 28 to September 3, 2021

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

Reserve your spot up to two weeks in advance. Schedules are subject to change.

Please note: The Leisure Swim includes access to the small pool and hot tub only.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
CLOSED	Length & Leisure Swim 6:00-6:45am											
	Length & Leisure Swim 7:00-7:45am											
	Length & Leisure Swim 8:00-8:45am					Leisure Swim 8:00-9:15am	Length Swim 8:00-8:45am 8:45-9:30am					
	Aqua Fit 9:05-9:55am											
	Aqua Fit 10:10-10:55am					Everyone Welcome Swim 9:45-11:15am	2 Lanes 9:45-10:30am 10:30-11:15am					
	Leisure Swim 11:15am-12:30pm	Length Swim 11:15-12:00pm 12:00-12:45pm	Everyone Welcome Swim 11:15am-12:45pm	2 Lanes 11:15-12:00pm 12:00-12:45pm	Leisure Swim 11:15am-12:30pm	Length Swim 11:15-12:00pm 12:00-12:45pm	Summer Camp Swim CLOSED 11:15am-12:45pm	Leisure Swim 11:15am-12:30pm	Length Swim 11:15-12:00pm 12:00-12:45pm	Everyone Welcome Swim 11:30am-12:45pm	2 Lanes (60 mins) 11:30-12:30pm	
	Everyone Welcome Swim 1:00-2:30pm	2 Lanes 1:00-1:45pm 1:45-2:30pm	Summer Camp Swim CLOSED 1:00-2:30pm		Everyone Welcome Swim 1:00-2:30pm	2 Lanes 1:00-1:45pm 1:45-2:30pm	Everyone Welcome Swim 1:00-2:30pm	2 Lanes 1:00-1:45pm 1:45-2:30pm	Summer Camp Swim CLOSED 1:00-2:30pm	Everyone Welcome Swim 1:00-2:30pm	2 Lanes 1:00-1:45pm 1:45-2:30pm	
	CLOSED 2:30-5:00pm		CLOSED 2:30-3:30pm		CLOSED 2:30-5:00pm		CLOSED 2:30-3:30pm		CLOSED 2:30-5:00pm		Everyone Welcome Swim 2:45-4:00pm	2 Lanes (60 mins) 2:45-3:45pm
	Everyone Welcome Swim 5:00-6:30pm	2 Lanes 5:00-5:45pm 5:45-6:30pm	Swim Lessons 3:30-6:30pm		Leisure Swim 5:00-6:15pm	Length Swim 5:00-5:45pm 5:45-6:30pm	Swim Lessons 3:30-6:30pm		Everyone Welcome Swim 5:00-6:30pm	2 Lanes 5:00-5:45pm 5:45-6:30pm		
	Everyone Welcome Swim 6:45-8:15pm & 2 Lanes 6:45-7:30pm/7:30-8:15pm											

- Please arrive no earlier than 5 minutes before your scheduled swim time.
- Exception: Aqua Fit participants may enter the facility 10 minutes prior to the start of class, the class is 45 minutes in duration

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Hours of operation are reduced and the number of patrons permitted in each swim activity is limited and will vary depending on the type of swim. SEAPARC is following the guidelines set forth by the Provincial Health Officer, Work Safe BC, BCCDC, the Life Saving Society of BC/Yukon and Island Health.

There will be 2 options for accessing the pool:

- **Express Access Option** is for those that come dressed and ready to swim and do not require a locker. You will access the pool via the lobby door and be provided with a bin on deck to store your belongings. You will take a cleansing shower on deck, and then exit the pool via an external door at the end of your swim.
- **Traditional Option** is for those that might need to get dressed and ready in a change room. Limited lockers are available.

Important information to know before you attend the facility:

- Advanced reservation is required for all pool activities and programs until further notice. Capacity limits have increased.
- 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.
- The Sauna is CLOSED until further notice
- **24 hours' notice is required to cancel a reservation**

Swim Descriptions

Everyone Welcome Swim

A great time for families to swim together. The sauna and spray features are not available at this time.

Length Swim

Join us for swimming in a single private lane. Participants within the same household may share a lane – call reception to book the additional participants. All lap swimming will be in the main pool.

Leisure Swim (Small Pool and Hot Tub Only)

Access will be limited to the leisure pool (small pool) and hot tub. The main pool, sauna, and water and spray features are not available at this time.

Swim Club

Access is limited to swim club participants.

Aqua Fit

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!

