

SEAPARC Summer 2024 Pool Schedule



Effective July 2 – Sep 2, closed on Monday Aug 5 (BC Day), Monday Sep 2 (Labour Day)
 For the most up to date schedule, please visit our website www.seaparc.ca

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	
AquaFit	No AquaFit offered on Sundays	9 – 9:55am <i>Shallow Focus</i>	9 – 9:55am <i>Shallow Focus</i>	9 – 9:55am <i>Shallow Focus</i>	9 – 9:55am <i>Shallow Focus</i>	9 – 9:55am <i>Shallow Focus</i>	8 – 8:55am <i>Shallow Focus</i>	
		10:05 – 11am <i>Deep Focus</i>	10:05 – 11am <i>Water Walking</i>	10:05 – 11am <i>Deep Focus</i>	10:05 – 11am <i>Water Walking</i>	10:05 – 11am <i>Deep Focus</i>		
			11:05 – 12:05pm <i>Swim Fit</i>		11:05 – 12:05pm <i>Swim Fit</i>			
		7:05 – 8pm <i>Shallow Focus</i>			7:05 – 8pm <i>Shallow Focus</i>			
Pool Space	Lengths & Leisure Pool 7 – 9am	Lengths 6 – 8:50am	Lengths 6 – 8:50am	Lengths 6 – 8:50am	Lengths 6 – 8:50am	Lengths 6 – 8:50am	Lengths & Leisure Pool 7 – 9am	
	Everyone Welcome 9am – 9pm	No lanes 9 – 11am	Leisure Pool 6 - 1pm <i>Play & Splash</i> 9 - 11am	No lanes 9 – 12:05pm	Leisure Pool 6 - 1pm <i>Play & Splash</i> 9 - 11am	No lanes 9 – 11am	Leisure Pool 6 - 1pm <i>Play & Splash</i> 9 - 11am	Everyone Welcome 9am – 9pm
		Lengths 11 – 1pm <i>Shared with lessons</i>	11- 12:30pm shared with lessons	Lengths 12:05 - 1pm	11:30-12:30pm shared with lessons	Lengths 11 – 1pm <i>1 lane shared with lessons</i>	11:15-12:15pm shared with lessons	
		FUN Swim! 1 – 3pm No lanes	FUN Swim! 1 – 3pm No lanes	FUN Swim! 1 – 3pm No lanes	FUN Swim! 1 – 3pm No lanes	FUN Swim! 1 – 3pm No lanes	FUN Swim! 1 – 3pm No lanes	
		Limited Lengths & Leisure Pool 3 – 4pm	Limited Lengths & Leisure Pool 3 – 4pm	Limited Lengths & Leisure Pool 3 – 4pm	Limited Lengths & Leisure Pool 3 – 4pm	Limited Lengths & Leisure Pool 3 – 4pm	Limited Lengths & Leisure Pool 3 – 4pm <i>Shared with lessons</i>	
		Registered Programs (limited pool space) 4 – 7pm <i>Min 1 lane available</i>	Registered Programs (limited pool space) 4 – 7pm <i>Min 1 lane available</i>	Registered Programs (limited pool space) 4 – 7pm <i>Min 1 lane available</i>	Registered Programs (limited pool space) 4 – 7pm <i>Min 1 lane available</i>	Registered Programs (limited pool space) 4 – 7pm <i>Min 1 lane available</i>	Everyone Welcome 4 – 9pm <i>Shared with lessons</i> 4 – 6pm	
	Everyone Welcome 7 – 9pm (limited lane pool space during AquaFit 7:05 – 8pm)	Everyone Welcome 7 – 9pm	Everyone Welcome 7 – 9pm	Everyone Welcome 7 – 9pm	Everyone Welcome 7 – 9pm (limited lane pool space during AquaFit 7:05 – 8pm)			

Swim Descriptions

SCAN TO VIEW
LIVE SCHEDULE



Children under the age of 7 must be directly supervised, within arms reach, by an adult 16+ at all times. Maximum ratio of three children under 7 to one adult.

Hot Tub & Sauna

Hot Tub and sauna are open throughout all swims unless otherwise specified in the schedule. Those under the age of 13 must be accompanied by an adult

Leisure Pool

Indicates that leisure pool is available

Lengths Swim

Best time for length swimming. The diving board & rope swim are closed. Lifeguards will direct length swimmers to appropriate lanes based on swimming speed and ability. Whole lap pool is available for length swimming unless otherwise specified

FUN Swim!

Water features will come on, the music will be pumping, and the diving board and rope swing will be open interchangeably throughout. Fun for all ages! Length swimming is unavailable due to high swimmer volume and pool features

Everyone Welcome Swim

Both the leisure pool and lap pool are open for swimming activities. Diving board and rope swing may be open during this swim. A minimum of one double lane available for length swimming

Everyone Welcome

This is a great time to swim if you prefer a quiet relaxed environment. There is no music during this swim. Both the leisure and lap pool are open for use, with a minimum of one double lane available for length swimming

AquaFit, Water Walking & Swim Fit

Length swimming is unavailable during these sessions unless otherwise specified in the schedule. For a detailed description of these programs, see the Aqua Fitness Drop-In Schedule

Play & Splash Swim

Join us for this fun and active preschool swim! The "little pool" will be set up with toys and activities to play and explore with. This drop-in swim time is a great way to meet other parents and grandparents. A social time filled with lots of equipment to help get comfortable in the water and discover the joy that swimming can bring. This drop-in swim time is not lead by an instructor