

AQUATIC SCHEDULE

Effective April 20 - 26, 2026

Incremental Pool Opening Schedule WEEK 1



For holiday hours and the most current schedule visit panoramarecreation.ca or scan the QR Code. Schedule subject to change without notice.

Children under the age of 7 must be within arms reach of an adult (16 yrs+).

MONDAY APRIL 20	TUESDAY APRIL 21	WEDNESDAY APRIL 22	THURSDAY APRIL 23	FRIDAY APRIL 24	SATURDAY APRIL 25	SUNDAY APRIL 26
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Leisure pool, hot tub, river, sauna and steam open Mon-Fri, 6am-9:30pm, Sa/Su 7am-8:30pm.

Lap Swimming, Water Walking 6-7:45am			Lap Swimming, Water Walking 7-8:45am		Lap Swimming, Water Walking 7am-12pm	
Water Walking 8-10am	Water Walking 8-9am		Water Walking 8-10am	Programs 9-12		
Lap Swimming, Water Walking 10am-12pm *Sensory Swim 10-11am	Lap Swimming, Water Walking 9am-9:30pm	Lap Swimming, Water Walking 9am-12pm	Lap Swimming, Water Walking 9am-9:30pm *Sensory Swim 10-11am	Lap Swimming, Water Walking 10am-2pm	Fun Swim 12:30-3:45pm	Fun Swim 12-2:45pm
Lap Swimming 12-1pm		Lap Swimming 12-1pm		Lap Swimming 2-3pm	Programs, Lap Swimming 4-7pm	Programs 3-6pm
Pro-D Day 2\$ Swim 1-3:45pm		Lap Swimming, Water Walking 1-9:30pm		Lap Swimming, Water Walking 3-3:45pm		
Programs, Lap Swimming 4-7pm				Lap Swimming 4-7pm		
Lap Swimming, Water Walking 7-9:30pm				Leisure Pool Fun Swim, Lap Swimming 7-9:30pm		

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WATERSLIDE SCHEDULE

Waterslide (with elevator allowing people who use wheelchairs or mobility devices to share in the enjoyment of riding southern Vancouver Island's tallest and longest waterslide. Min height to ride the waterslide is 42").

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					12:30-3:45pm	12-2:30pm
		5-7:45pm		7-8:45pm	6-8:15pm	6-8:15pm

AQUAFIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Deep Aquafit 8-9am		Combo Aquafit 8-9am		Deep Aquafit 8-9am
Shallow Aquafit 9-10am				Shallow Aquafit 9-10am
Light & Easy Aquafit 12-1pm		Light & Easy Aquafit 12-1pm		Light & Easy Aquafit 2-3pm

AQUATIC SESSION DESCRIPTIONS

Aquafit Deep/Shallow/Combo	All classes will provide you with a challenging workout with little to no impact on your joints! The instructor will provide different options for cardio training, strength exercise, and stretching. Includes warm-up, 30-35 minutes of cardio and strength, and stretching at the end. Class length will be 55 minutes. Combo Aquafit will take place in both the shallow and deep ends of the Main Pool, Deep Water Aquafit will take place in the deep end of the main pool, and Shallow Water Aquafit in the shallow end of the main pool.
Aquafit Light & Easy	Located either in the main pool or leisure pool, Light & Easy is a light version of Shallow Water Aquafit designed for people who have recovered from an injury and/or surgery, live with arthritis or are currently sedentary. Class length will be 55 minutes.
Fun Swim	Spray toys, diving board, climbing wall, and waterslide available. Leisure pool only Fun Swim times will not have access to the diving board or climbing wall in main pool.
Lap Swimming	Minimum 3 lanes available in main pool.
Leisure	Leisure, Hot Tub, River, Sauna and Steam open.
Sensory Swim	An inclusive swim experience for all ages, abilities and neurodiveristies. Expect gentle lighting with no music.
Programs	Programs running in pool such as group lessons, contracted lane bookings and adult swim teams.
Water Walking	1 lane in Leisure pool for Water Walking.

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