

Aquatics Drop-In Schedule

Hyde Creek Recreation Centre

In effect Sept 21- Oct 18

*Schedule altered during Statutory holidays and
subject to change without notice.**Lifeguards will exercise judgment when schedule
conflicts arise.

Main Pool (Public and Length Swim)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
General Hours 6am - 10pm	General Hours 6am - 10pm	General Hours 6am - 10pm	General Hours 6 am - 10pm	General Hours 6am - 10pm	General Hours 8am - 9pm	General Hours 8am - 9pm
Length / User Group 6-7am (3 Lanes Lengths/ 3 Lanes User Group)	Length / Exercise 6:00-7:45am (5 Lanes Lengths/ 1 Lanes Exercise)	Length / User Group 6-7am (3 Lanes Lengths/ 3 Lanes User Group)	Length / Exercise 6:00-7:45am (5 Lanes Lengths/ 1 Lanes Exercise)	Length / Exercise 6am - 10am (5 Lanes Lengths/ 1 Lanes Exercise)	Length / Exercise 8 - 10:00am (5 Lanes Lengths/ 1 Lanes Exercise)	Length / Exercise / User Group 8 - 9:00am (2 Lanes Lengths/ 1 Lanes Exercise)
Length / Exercise 7-1:30pm (4 Lanes Lengths/ 2 Lanes Exercise)	Length / AQ Fit 8:00-9:00am (5 Lanes AQ Fit/ 1 Lane Lengths)	Length / Exercise 7-1:30pm (4 Lanes Lengths/ 2 Lanes Exercise)	Length / AQ Fit 8:00-9:00am (5 Lanes AQ Fit/ 1 Lane Lengths)	Length / Exercise 10am - 12:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	10 - 12pm Closed for Lessons	Length / Exercise 9 - 10:00am (5 Lanes Lengths/ 1 Lanes Exercise)
1:30 - 2:30pm Closed for AQ Fit	9:00-10:30am Closed for AQ Fit	1:30 - 2:30pm Closed for AQ Fit	9:00-10:30am Closed for AQ Fit	Length / Public / Lessons 12:00 - 3:45pm (2 Lane Length/ 4 Lane Public)	Public / User Groups 12 - 3:30pm (2 Lanes Length/ 4 Lanes Public)	10 - 12pm Closed for Lessons
Length / Public 2:30-3:30pm (2 Lane Length/ 4 Public Lanes)	Length / Exercise 10:30am-1:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	Length / Public 2:30-3:30pm (2 Lane Length/ 4 Public Lanes)	Length / Exercise 10:30am-1:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	3:45 - 6:15pm Closed for Lessons and User Groups	Length / Public 3:30 - 9pm (2 Lane Length/ 3 Lanes Public)	Public / User Groups 12 - 9pm (2 Length Lanes /4 Public Lanes)
3:30-7:00pm Closed for Lessons and User Groups	Length / Public / School Swim 1:00-4:00pm (2 Lanes Length/ 4 Lanes Public)	3:30-8:00pm Closed for Lessons and User Groups	Length / Public / School Swim 1:00-4:00pm (2 Lanes Length/ 4 Lanes Public)	Public / User Groups 6:15-8pm (2 Public Lanes)		
Length / Public 7:00-9:00pm (1 Lane Length/ 1 Lane Public)	4:00-7:30pm Closed for Lessons and User Groups	Length / Public 8:00-9:00pm (2 Lanes Lengths/ 1 Lane Public)	4:00-7:00pm Closed for Lessons and User Groups	Length 8:00 - 9:00pm (1 Lane Length)		
Length / Public 9:00-10:00pm (2 Lane Lengths/ 4 Lane Public)	Length / Public 7:30-10:00pm (2 Lane Length/ 2 Lane Public)	Length / Public 9:00-10:00pm (2 Lanes Lengths/ 4 Lanes Public)	Length / Public 7:00-8:00pm (2 Lanes Length/ 2 lanes Public)	Length / Public 9:00-10:00pm (2 Lanes Lengths/ 4 Lane Public)		
			Length / Public 8:00-10:00pm (2 Lane Length/ 4 Lane Public)			



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Leisure Pool (inclusive of hot areas)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
General Hours 6am - 10pm	General Hours 6am - 10pm	General Hours 6am - 10pm	General Hours 6am - 10pm	General Hours 6am - 10pm	General Hours 8am - 9pm	General Hours 8am - 9pm
Public 6:00-9:30am	Public 6:00-1:00pm	Public 6:00-9:30am	Public 6:00-1:00pm	Public 6am - 11:15am	Public 8 - 10am	Public 8 - 10am
Public/Lessons 9:30-11:15am	Public/School Swim 1:00-3:00pm	Public/Lessons 9:30-11:15am	Public/School Swim 1:00-3:00pm	AQ Yoga / Lessons 11:15 - 12pm	10 - 12pm Closed for Lessons	10 - 12pm Closed for Lessons
Public 11:15am-3:30pm	Public/User Group/ Lessons 3:00-7:30pm	Public 11:15am-3:30pm	Public/User Group/ Lessons 3:00-7:30pm	Public 12:00 - 3:45pm	Public 12 - 9pm	Public 12 - 9pm
3:30-5:30pm Closed for Lessons	Public 7:30-10:00pm	3:30-5:30pm Closed for Lessons	Public 7:30-10:00pm	Public/User Group/ Lessons 3:45-7:30pm		
Public 5:30-10:00pm		Public 5:30-10:00pm		Public 7:30-10:00pm		

Aqua Fit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Running (Lap Pool) 1:30 - 2:30pm With Sonia	Light Fit (lap pool) 8:10 - 9:10am With Sonia		Light Fit (lap pool) 8:10-9:10am With Sonia	Aqua Yoga (Leisure Pool) 11:15 - 12pm With Tammy		
	Shallow / Deep Fit (lap pool) 9:20 - 10:20am With Sonia	Water Running (Lap Pool) 1:30-2:30pm With Sonia	Shallow / Deep Fit (lap pool) 9:20 - 10:20am With Sonia			
		Shallow / Deep Fit (lap pool) 7:00 - 8:00pm With Nancy				

