

Aquatics Drop-In Schedule

Hyde Creek Recreation Centre

In effect October 13—Dec 19

*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 Groups 6am – 7am (3 Lanes Lengths)	Length / Exercise 6:00-7:45am (5 Lanes Lengths/ 1 Lanes Exercise)	Length / User Groups 6am – 7am (3 Lanes Lengths)	Length / Exercise 6:00-7:45am (5 Lanes Lengths/ 1 Lanes Exercise)	Length / Exercise / User Groups 6am – 8am (5 Lanes Lengths/ 1 Lanes Exercise) *4 length lanes 7-8am Oct 24 and Nov 7*	Length / Exercise 8 - 10:00am (5 Lanes Lengths/ 1 Lanes Exercise)	Length / Exercise / User groups 8 - 9:00am (2 Lanes Lengths/ 1 Lanes Exercise)
Length / Exercise 7am – 10am (5 Lanes Lengths/ 1 Lanes Exercise)	Length / AQ Fit 8:00-9:00am (4 Lanes AQ Fit/ 1 Lane Lengths)	Length / Exercise 7am – 10am (5 Lanes Lengths/ 1 Lanes Exercise)	Length / AQ Fit 8:00-9:00am (4 Lanes AQ Fit/ 1 Lane Lengths)	Length / Exercise 8am – 12:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	10 - 12pm Closed for Lessons	Length / Exercise 9 - 10:00am (5 Lanes Lengths/ 1 Lanes Exercise)
Length / Exercise 10:00am – 1:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	9:00-10:30am Closed for AQ Fit	Length / Exercise 10:00am – 1:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	9:00-10:30am Closed for AQ Fit	Length / Exercise 8am – 12:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	Length / Public 12 - 4pm (1 Lane Length)	10 - 12pm Closed for Lessons
Length / Public 1:00-1:30pm (1 Lane Length)	Length / Exercise 10:30am-1:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	Length / Public 1:00-2:00pm (1 Lane Length)	Length / Exercise 10:30am-1:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	Length / Public / Lessons 12:00 - 2:30pm (2 Lane Length)	Length / Public 4 - 9pm (2 Lane Length)	Length / Public 12 - 4pm (1 Lane Length)
1:30-2:30pm Closed for AQ Fit	Length / Public / School Swim 1:00-3:30pm (1 Lane Length)	2:00-3:00pm Closed for AQ Fit	Length / Public / School Swim 1:00-3:30pm (1 Lane Length)	Length / Public / Lessons 2:30 - 4:00pm (2 Lane Length)		Public / User Groups 4 - 6pm
Length / Public 2:30-3:30pm (1 Lane Length)	4:00-7:30pm Closed for Lessons and User Groups	Length / Public 3:00-3:30pm (1 Lane Length)	4:00-7:00pm Closed for Lessons and User Groups	4- 5:30pm Closed for Lessons and User Groups		Length / Public 6- 9pm (2 Lane Length)
3:30-7:00pm Closed for Lessons and User Groups	Length / Public 7:30-10:00pm (2 Lane Length)	3:30-7:00pm Closed for Lessons and User Groups	Length / Public 7:00-10:00pm (2 Lane Length)	Public 5:30 - 7:00pm		
Length / Public 7:00-10:00pm (2 Lane Lengths)		Length / Public / AQ Fit 7:00-10:00pm (2 Lanes Lengths)		Length / Public 7:00 - 10:00pm (1 Lane Length)		



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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 / Programs 6:00-11:00am	Public 6:00-9:30am	Public / Programs 6:00-11:00am	Public 6am - 9:30am	Public 8 - 10am	Public 8 - 10am
Public/Lessons 9:30-11:15am	Public 11:00am-1:00pm	Public/Lessons 9:30-11:30am	Public 11:00am-1:00pm	Public / Lessons 9:30am - 11:30am	10 - 12pm Closed for Lessons	10 - 12pm Closed for Lessons
Public 11:15am-3:30pm	Public/School Swim 1:00-3:00pm	Public 11:30am-3:30pm	Public/School Swim 1:00-3:00pm	Public 11:30 am - 3:00pm	Public 12 - 9pm	Public 12 - 9pm
3:30-5:30pm Closed for Lessons	Public/User Group/ Lessons 3:00-7:30pm	3:30-5:30pm Closed for Lessons	Public/User Group/ Lessons 3:00-7:30pm	Public/User Group/ Lessons 3:00-7:30pm		
Public 5:30-10:00pm	Public 7:30-10:00pm	Public 5:30-10:00pm	Public 7:30-10:00pm	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	Aqua Fusion (Leisure Pool) 11:00-11:45am With Tammy	Shallow / Deep Fit (lap pool) 8:10-9:10am With Sonia			
	Shallow / Deep Fit (lap pool) 9:20 - 10:20am With Sonia	Water Running (Lap Pool) 2:00 - 3:00pm With Sonia	Shallow / Deep Fit (lap pool) 9:20 - 10:20am With Sonia			
		Shallow / Deep Fit (lap pool) 7:00 - 8:00pm With Nancy				

