CITY OF PORT COQUITLAM

Fall **2026**

In effect Oct 19 - Nov 18

***Schedule altered during Statutory holidays and subject to change without notice.**

****Lifeguards will exercise judgment when schedule conflicts arise.**

PORT COQUITLAM RECREATION
Move. Create. Connect.

Aquatics Drop-In Schedule

Hyde Creek Recreation Centre

Main Pool (Public and Length Swim)

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

Hyde Creek Recreation Centre | 1379 Laurier Ave | **604.927.7529**

Register at **portcoquitlam.ca/register**

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Aquatics Drop-In Schedule

Hyde Creek Recreation Centre

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** 6:00-11:15am	**Public** 8:00-10:00am	**Public** 8:00-10:00am
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 -12:00pm	**10:00-12:00pm Closed for Lessons**	**10:00-12:00pm 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** 12:00-9:00pm	**Public** 12:00-9:00pm
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				

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