

# Aquatics Drop-In Schedule

Hyde Creek Recreation Centre

In effect Jan 5 - Mar 13

\*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
<b>General Hours</b> 6am - 10pm	<b>General Hours</b> 6am - 10pm	<b>General Hours</b> 6am - 10pm	<b>General Hours</b> 6 am - 10pm	<b>General Hours</b> 6am - 10pm	<b>General Hours</b> 8am - 9pm	<b>General Hours</b> 8am - 9pm
<b>Length / Exercise</b>  6-10am (5 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Exercise</b>  6:00-7:45am (5 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Exercise</b>  6-10am (5 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Exercise</b>  6:00-7:45am (5 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Exercise</b>  6am - 10am (5 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Exercise</b>  8 - 10:00am (5 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Exercise / User Group</b>  8 - 9:00am (2 Lanes Lengths/ 1 Lanes Exercise)
<b>Length / Exercise</b> 10:00am - 1:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	<b>Length / AQ Fit</b> 8:00-9:00am (5 Lanes AQ Fit/ 1 Lane Lengths)	<b>Length / Exercise</b> 10:00am - 1:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	<b>Length / AQ Fit</b> 8:00-9:00am (4 Lanes AQ Fit/ 1 Lane Lengths)	<b>Length / Exercise</b> 10am - 12:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	<b>10 - 12pm Closed for Lessons</b>	<b>Length / Exercise</b> 9 - 10:00am (5 Lanes Lengths/ 1 Lanes Exercise)
<b>Length / Public</b> 1:00-1:30pm (1 Lane Length)	<b>9:00-10:30am Closed for AQ Fit</b>	<b>Length / Public</b> 1:00-2:00pm (1 Lane Length)	<b>9:00-10:30am Closed for AQ Fit</b>	<b>Length / Public / Lessons</b>  12:00 - 2:30pm (2 Lane Length/ 2 Lane Public)	<b>Public / User Groups / Lessons</b>  12 - 4pm (2 Lanes Public)	<b>10 - 12pm Closed for Lessons</b>
<b>Length / AQ Fit</b> 1:30 - 2:30pm (5 Lanes AQ Fit/ 1 Lane Lengths)	<b>Length / Exercise</b> 10:30am-1:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	<b>Length / AQ Fit</b> 2:00-3:00pm (4 Lanes AQ Fit/ 1 Lane Lengths)	<b>Length / Exercise</b> 10:30am-1:00pm (4 Lanes Lengths/ 2 Lanes Exercise)	<b>Length / Public / Lessons</b>  2:30 - 4:00pm (2 Lane Length)	<b>Length / Public / Lessons</b>  4 - 6pm (1 Lane Length/ 3 Lanes Public)	<b>Public / User Groups / Lessons</b>  12 - 4pm (2 Lanes Public)
<b>Length / Public</b> 2:30-3:30pm (1 Lane Length)	<b>Length / Public / School Swim</b> 1:00-3:30pm (2 Lane Length)	<b>Length / Public</b> 3:00-3:30pm (1 Lane Length)	<b>Length / Public / School Swim</b> 1:00-3:30pm (1 Lane Length)	<b>4- 6:00pm Closed for Lessons and User Groups</b>	<b>Public</b> 6- 7:30pm (4 Lanes Public)	<b>Length / Public / Lessons</b>  4 - 6pm (1 Lane Length/ 3 Lanes Public)
<b>3:30-7:00pm Closed for Lessons and User Groups</b>	<b>4:00-7:30pm Closed for Lessons and User Groups</b>	<b>3:30-7:00pm Closed for Lessons and User Groups</b>	<b>4:00-7:00pm Closed for Lessons and User Groups</b>	<b>Public</b> 6:00 - 7:30pm (2 Lanes Public)	<b>Length / Public</b> 7:30-9:00pm (2 Lanes Lengths/ 4 Lane Public)	<b>Public</b> 6- 7:30pm (4 Lanes Public)
<b>Length / Public</b> 7:00-9:00pm (1 Lane Lengths/ 1 Lane Public)	<b>Length / Public</b> 7:30-10:00pm (2 Lane Length/ 2 Lane Public)	<b>Length / AQ Fit</b> 7:00-9:00pm (1 Lanes Lengths)	<b>Length / Public</b> 7:00-8:00pm (2 Lane Length)	<b>Length / Public</b> 7:30 - 9:00pm (1 Lane Length)		<b>Lengths / Public</b> 7:30- 9pm (2 Lane Length/ 2 Lanes Public)
<b>Length / Public</b> 7:00-10:00pm (1 Lane Lengths/ 4 Lane Public)		<b>Length / Public</b> 9:00-10:00pm (2 Lanes Lengths/ 4 Lane Public)	<b>Length / Public</b> 8:00-10:00pm (2 Lane Length/ 4 Lane Public)	<b>Length / Public</b> 9:00-10:00pm (2 Lanes Lengths/ 4 Lane Public)		

Hyde Creek Recreation Centre | 1379 Laurier Ave | 604.927.7529

Register at [portcoquitlam.ca/register](https://portcoquitlam.ca/register)

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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		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				

