

Aquatics Drop-In Schedule

Hyde Creek Recreation Centre

In effect September 14– October 12

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



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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 - 3pm	Public 8 - 10am	Public 8 - 10am
Public/Lessons 9:30-11:00am	Public 11:00am-1:00pm	Public/Lessons 9:30-11:00am	Public 11:00am-1:00pm	Public/User Group/ 3:00-7:30pm	10 - 12pm Closed for Lessons	10 - 12pm Closed for Lessons
Public 11:00am-3:30pm	Public/School Swim 1:00-3:00pm	Public 11:00am-3:30pm	Public/School Swim 1:00-3:00pm	Public 3 - 10pm	Public 12 - 9pm	Public 12 - 9pm
3:30-5:45pm Closed for Lessons	Public/User Group/ Lessons 3:00-7:30pm	3:30-5:45pm Closed for Lessons	Public/User Group/ Lessons 3:00-7:30pm	Public 7:30-10:00pm		
Public 5:45-10:00pm	Public 7:30-10:00pm	Public 5:45-10:00pm	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	Light 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 Sonia				

Hyde Creek Recreation Centre | 1379 Laurier Ave | 604.927.7529

Register at portcoquitlam.ca/register