

# Aquatics Drop-In Schedule

Hyde Creek Recreation Centre



## Main Pool (Public and Length Swim)

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



# Aquatics Drop-In Schedule

Hyde Creek Recreation Centre



## Leisure Pool (inclusive of hot areas)

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

## Aqua Fit

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|--------|----------|--------|
| Water Running<br>(Lap Pool)<br>1:30 - 2:30pm<br><br>With Sonia | Light Fit<br>(lap pool)<br>8:10 - 9:10am<br><br>With Sonia           |   | Shallow / Deep Fit<br>(lap pool)<br>8:10-9:10am<br><br>With Sonia    |        |          |        |
|  | Shallow / Deep Fit<br>(lap pool)<br>9:20 - 10:20am<br><br>With Sonia | Water Running<br>(Lap Pool)<br>2:00 - 3:00pm<br><br>With Sonia      | Shallow / Deep Fit<br>(lap pool)<br>9:20 - 10:20am<br><br>With Sonia |        |          |        |
|  |  | Shallow / Deep Fit<br>(lap pool)<br>7:00 - 8:00pm<br><br>With Nancy |  |        |          |        |

