

Port Coquitlam Community Centre

Drop-In Schedule

In effect October 13 - December 19

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

**Lifeguards will exercise judgment when schedule conflicts arise.

Leisure Pool

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

General Facility Hours: Monday - Friday 6am - 10pm, Saturday & Sunday 10:30am - 9pm

6am - 1pm Public Swim	6 - 9am Public Swim	6am - 1:30pm Public Swim	6am - 1pm Public Swim	6am - 10:30am Public Swim	10:30am - 1pm Public Swim	10:30am - 9pm Public Swim
1 - 4pm Public Swim	9 - 11:15am Lessons/ Public Swim	1:30 - 3pm Camps/ Public Swim	1 - 3pm Public Swim	10:30 - 3pm Public Swim AQ Fitness	1 - 3pm Running Mat/ Public Swim	
4 - 8pm Public Swim / Lessons	11:15am - 12:30pm Public Swim	3 - 4pm Public Swim	3 - 4:30pm Public Swim/ Sensory Swim /	3 - 4pm Public Swim	3 - 9pm Public Swim	
8- 10pm Public Swim	12:30 - 2pm Public Swim/ Sensory Swim	4 - 6:15pm Public Swim / Lessons	4:30- 6:15pm Public Swim /	3 - 4pm Public Swim / Lessons		
	2-4pm Public Swim	6:15 - 10pm Public Swim	6:15 - 10pm Public Swim	6:15 - 10pm Public Swim		
	4 - 6:15pm Public Swim / Lessons					
	6:15 - 10pm Public Swim					

Port Coquitlam Community Centre | 2150 Wilson Ave | 604.927.7529

Register at portcoquitlam.ca/registerPORT COQUITLAM
RECREATION

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Lengths

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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General Facility Hours: Monday - Friday 6am - 10pm, Saturday & Sunday 10:30am - 9pm

6am - 10pm 1 Unstructured/ 1 Length	6am - 10pm 1 Unstructured/ 1 Length	6am - 10pm 1 Unstructured/ 1 Length	6am - 10pm 1 Unstructured/ 1 Length	6am - 10pm 1 Unstructured/ 1 Length	10:30 - 1pm 1 Unstructured/ 1 Length 1 - 3pm Running Mat 3 - 9pm 1 Unstructured/ 1 Length	10:30am - 9pm 1 Unstructured/ 1 Length
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Aqua Fit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Aqua Light Fit Express 11:45am - 12:30pm With Leslie (First Class October 7)			Stretch & Strength 11 - 11:45am With Tammy		

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