

# Port Coquitlam Community Centre

## Drop-In Schedule

\*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 - 4pm Public Swim	10:30 - 3pm Public Swim AQ Fitness	1 - 3pm Running Mat/ Public Swim	
4 - 6:15pm Public Swim / Lessons	11:15am - 12:30pm Public Swim	3 - 4pm Public Swim	4 - 6:15pm Public Swim / Lessons	3 - 10pm Public Swim	3 - 9pm Public Swim	
6:15 - 10pm Public Swim	12:30 - 2pm Public Swim/ Sensory Swim	4 - 6:15pm Public Swim / Lessons	6:15 - 10pm Public Swim			
	2-4pm 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/register](https://portcoquitlam.ca/register)



# Port Coquitlam Community Centre

## Drop-In Schedule

In effect September 14 - October 12

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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

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

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

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PORT COQUITLAM  
RECREATION