

Aquatics Drop-In Schedule

Hyde Creek Recreation Centre

In effect Sept 21- Oct 18

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



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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 6-9:30am	Public 6am-1pm	Public 6-9:30am	Public 6-1pm	Public 6am-11:15am	Public 8-9:30am	Public 8-10am
Public/Lessons 9:30-11:15am	Public/School Swim 1-3pm	Public/Lessons 9:30-11:15am	Public/School Swim 1-3pm	AQ Yoga / Lessons 11:15-2pm	Public / Lessons 9:30-10am	10-12pm Closed for Lessons
Public 11:15am-3:30pm	Public/User Group 3-7:30pm	Public 11:15am-3:30pm	Public/User Group 3-7:30pm	Public 12-3:45pm	10-12pm Closed for Lessons	Public 12-9pm
3:30-5:30pm Closed for Lessons	Public 7:30-10pm	3:30-5:30pm Closed for Lessons	Public 7:30-10pm	Public/User Group/ Lessons 3:45-7:30pm	Public 12-9pm	
Public 5:30-10pm		Public 5:30-10pm		Public 7:30-10pm		

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		Light Fit (lap pool) 8:10-9:10am With Sonia	Aqua Yoga (Leisure Pool) 11:15-12pm With Tammy		
	Shallow / Deep Fit (lap pool) 9:20-10:20am With Sonia	Water Running (Lap Pool) 1:30-2:30pm With Sonia	Shallow / Deep Fit (lap pool) 9:20-10:20am With Sonia			
		Shallow / Deep Fit (lap pool) 7-8pm With Nancy				

