



HYDE CREEK COMMUNITY CENTRE – POOL

Effective Date: July 4 – August 28, 2022

1379 Laurier Ave | 604.927.7529 | Register at portcoquitlam.ca/register

Leisure Pool Public Swim – Hot tub, sauna and steam room are available.						
Mon	Tue	Wed	Thur	Fri	Sat	Sun
6:00AM - 9:00 PM	6:00AM - 9:15 AM	6:00AM - 9:00 PM	6:00 - 8:00 AM	6:00 - 9:45 AM	8:00 - 10:00 AM	8:00 - 10:00 AM
9:00 - 11:00 AM Shared with lessons	10:15AM – 5:00 PM	9:00 - 11:00 AM Shared with lessons	8:00 - 9:00 AM Shared with AQ Fit	11:15 AM - 3:30 PM	12:00 - 8:00 PM	12:00 - 8:00 PM
	5:00 - 7:00 PM Shared with lessons		9:00AM - 9:00 PM 5-7PM Shared with lessons	3:30 – 5:00 PM Shared with lessons		
	7:00 – 9:00 PM			5:00 - 9:00 PM		

Main Pool Public Swim – Hot tub, sauna and steam room are available.						
Mon	Tue	Wed	Thur	Fri	Sat	Sun
12:00 – 5:00 PM	12:00 – 5:00 PM	12:00 – 5:00 PM	12:00 – 5:00 PM	12:00 – 3:30 PM	12:00 – 8:00 PM	12:00 – 8:00 PM
7:00 – 9:00 PM	7:00 – 8:00 PM	7:00 – 9:00 PM	7:00 – 8:00 PM	6:30 PM – 9:00 PM <i>Limited Space</i>		

Length Swimming - Main pool only. Hot tub, slide, sauna and steam room may be unavailable.						
Mon	Tue	Wed	Thur	Fri	Sat	Sun
6:00 AM - 9:00 AM (4 lanes)	6:00 - 8:00 AM (4 lanes)	6:00 AM – 9:00 AM (4 lanes)	6:00 - 8:00 AM (4 lanes)	6:00 AM - 12:00 PM (4 lanes)	8:00 - 10:00 AM (4 lanes)	8:00 - 10:00 AM (4 lanes)
9:00 – 12:00 PM (2 lanes)	9:00 - 12:00 AM (4 lanes)	9:00 - 12:00 PM (2 lanes)	10:15AM- 12:00 PM (4 lanes)	12:00 - 3:30 PM (1 lanes)	12:00 - 8:00 PM (1 lane)	12:00 - 8:00 PM (1 lane)
12:00 - 5:00 PM (1 lane)	12:00 – 9:00 PM (1 lane)	12:00 - 5:00 PM (1 lane)	12:00 – 7:00 PM (1 lane)	7:30-9:00 PM (1 lane)		
7:00 - 9:00 PM (1 lane)		7:00 - 9:00 PM (1 lane)	7:00 - 9:00 PM (2 lanes)			



Unstructured Exercise Lane – Main pool only.						
Mon	Tue	Wed	Thur	Fri	Sat	Sun
6:00AM– 12:00 PM	6:00 - 8:00 AM	6:00 AM - 12:00 PM	6:00 - 8:00 AM	6:00 AM - 3:00 PM	8:00 - 10:00 AM	8:00 - 10:00 AM
	9:00 AM - 12:00 PM		10:15 - 12:00 PM			

Aquatic Fitness - Hot tub, slide, sauna and steam room may be unavailable.						
Mon	Tue	Wed	Thur	Fri	Sat	Sun
	8:00 - 9:00 AM Deep/Shallow Fitness (Lap Pool)		8:00 AM - 9:00 AM Light Fit (Both Pools)			
	9:15 - 10:15 AM Stretch and Strength (Leisure Pool)		9:15 AM - 10:15 AM Deep/Shallow Fitness (Lap Pool)			

* Schedule subject to change without notice

**Hyde Creek Pool will be shut down for maintenance from Aug 29 – Sept 18th, 2022.