



Aquatics Schedule

Bettie Allard YMCA

2023 February



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
MORNING	Full Lane Swim 6:00 am - 3:00pm	Leisure Pool 6:00 am - 4:00 pm	Leisure Pool 6:00 am - 9:00 am	Full Lane Swim 6:00 am - 9:00 am	Leisure Pool 6:00 am - 9:00 am	Leisure Pool 7:00 am - 9:00 am	Full Lane Swim 7:00 am - 8:45 am	Leisure Pool 7:00 am - 8:45am	Full Lane Swim 7:00 am - 8:45 am	Leisure Pool 7:00 am - 8:45am
			Y Aquafit 9:15am-10:00am	Y Aquafit 9:15am-10:00am	Swim Lessons 9:00 am - 11:00 am	Full Lane Swim 6:00 am - 4:00 pm	Swim Lessons 9:00 am - 11:00 am	Swim Lessons 9:00 am 3:00 pm <i>Limited access to the pool deck and hydro pool until 2:00 pm</i>	Swim Lessons 9:00 am 3:00 pm <i>Limited access to the pool deck and hydro pool until 2:00 pm</i>	
AFTERNOON	Climbing Wall 3:00 pm - 4:00 pm	Climbing Wall 3:00 pm - 4:00 pm	Leisure Pool 10:00 am - 4:00 pm	Partial Lane Swim 9:00am - 10:00am	Leisure Pool 11:00 am - 4:00 pm	Leisure Pool 11:00 am - 4:00 pm	Y Aquafit 2:00 pm - 2:45pm			Full Lane Swim 3:00 pm - 8:30pm
			Full Lane Swim 10 am - 3:00pm	Leisure Pool 11:00 am - 4:00 pm	Leisure Pool 11:00 am - 4:00 pm	Leisure Pool 11:00 am - 4:00 pm				
EVENING	*Swim Lessons 4:00 pm - 8:00 pm <i>Limited access to the pool deck and hydro pool until 8:00 pm</i>	*Swim Lessons 4:00 pm - 8:00 pm <i>Limited access to the pool deck and hydro pool until 8:00 pm</i>	*Swim Lessons 4:00 pm - 8:00 pm <i>Limited access to the pool deck and hydro pool until 8:00 pm</i>	*Swim Lessons 4:00 pm - 8:00 pm <i>Limited access to the pool deck and hydro pool until 8:00 pm</i>	*Swim Lessons 4:00 pm - 8:00 pm <i>Limited access to the pool deck and hydro pool until 8:00 pm</i>	*Swim Lessons 4:00 pm - 8:00 pm <i>Limited access to the pool deck and hydro pool until 8:00 pm</i>	Full Lane Swim 3:00 pm - 8:30pm	Leisure Pool 3:00 pm - 8:30pm	Full Lane Swim 3:00 pm - 8:30pm	Leisure Pool 3:00 pm - 8:30pm
	Full Lane Swim 8:00pm - 9:00pm	Leisure Pool 8pm - 9pm	Full Lane Swim 8:00pm - 9:00pm	Leisure Pool 8pm - 9pm	Full Lane Swim 8:00pm - 9:00pm	Leisure Pool 8pm - 9pm				

DAY/TIME	AQUA FIT	LEISURE POOL	LANE SWIM	CLIMBING WALL
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<p>*No aquafit on statutory holidays. Please note: Lifeguard courses & Private Lessons may occur in the pool area anytime.</p>		<p>Aquatics, BAY - Updated: February 23, 2023 Schedule subject to change without notice.</p>
ACTIVITIES	Coquitlam Resident Access	YMCA Pool Access at City Prices: Monday: 6 am - 9 am & 8-9 pm; Tuesday: 6 am -9 am & 8-9 pm; Thursday: 6 am - 9 am, 1 - 4 pm, & 8-9 pm; Friday: 1-4 pm, 8-9 pm; Sat: 3 - 5 pm; Sun 2 - 7 pm
	Full Lane Swim	During these designated times, the pool is configured to all for Lane Swim Only. A reminder regarding Lane Swim Etiquette: Choose the appropriate lane for your pace.
	Partial Lane Swim	During this time the pool is configured to have one to three lanes dedicated for Lane Swim Only. Additional aquatic activities may be occurring in other areas of the pool. Please see above for Lane Swim Etiquette.
	Open Swim	During this time a section of the pool will be open for any type of swimming or water activity. Children are welcome in the pool during this time. During this time a section of the pool will be open for families with children 5 years of age and younger.
LESSONS	Swim Lessons for Members: Parent & Tot, Preschool, School Aged, Teen & Adult as available Lesson Hours will Expand over 2023 No access to the pool deck during swimming lessons (Monday and Tuesdays classes will start March 6th)	
AQUAFIT	Y Aquafit	This water exercise class is for those looking for a light, low impact, joint-friendly workout. Improve core strength, endurance, range of motion, flexibility and balance. All levels welcome.
ADVANCED AQUATICS	Courses:	Bronze Medallion Bronze Cross National Lifeguard Swim Instructor During weekdays and weekends, courses for training lifeguards and instructors will be using the pool in and around all programs