

## Aquatics Schedule Bettie Allard YMCA



Updated April 13th, 2024

											puateu Apri	11 13(11, 2024						The Secretary
	MONDAY			TUE	SDAY		WEDN		THURSDAY			FRI	DAY	SATURDAY		SUNDAY		
N	Main Pool Leisure		Main	in Pool Leisure Pool		Main Pool	Main Pool Leisure Pool		Main Pool		Leisure Pool	Main Pool	Leisure Pool	Main Pool	Leisure Pool	Main Pool	Leisure Pool	
	I Lane Swim Dam-8:00am		Full Lan 5:30am-				Full Lane Swim	Leisure Pool		Full Lane Swim 5:30am-8:00am		Leisure Pool	Full Lane Swim 5:30am-8:00am	Leisure Pool	Full Lane Swim 7:00am-8:00am	8:00am Leisure Pool Open Swim 7:00am-9:00am	Full Lane Swim 7:00am-8:00am	Leisure Pool Open Swim 7:00am-9:00am
-	allow Aquafit am-10:00am		Y Shallow Aquafit 9:15am-10:00am		Leisure Pool  Open Swim 5:30am- 4:00pm  *Spaces allocated		5:30am-9:00am	<b>Open Swim</b> 5:30am 9:00am					Y Deep Aquafit 9:15am-10:00am	<b>Open Swim</b> 5:30am 9:00am	Partial Lane Swim 8:00am-9:00am		Partial Lane Swim 8:00am-9:00am	
Partial L Swim 8a 12pm		Leisure Pool	Partial Lane Swim 10:00am-12:00pm Full Lane Swim 12:00pm-1:30pm				Swim Lessons 9am-11am	Leisure Pool	Swim Lessons	12pm	Swim Lessons 9am-11am	4:00pm	Partial Lane Swim 8am- 12pm Swim Lessons 9am-11am	Leisure Pool Lessons	Swim Lessons (Pools Closed)			
		Open Swim 5:30am-4:00pm			for swim lessons 9am-11am	Y Shallow/Deep Aquafit 11:15am-12:00pm	9am -11am	lam-11am					9am -11am 9am-11am	Swim Lessons ( 9:00am-1				
	Lane Swim Opm-1:30pm	*Spaces allocated for swim lessons 9am-11am			*NEW Water/Rehab Walking 1:00pm-2:00pm		Full Lane Swim 12:00pm-1:30pm	Leisure Pool		Full Lane Swim 12:00pm-1:30pm		Full Lane Swim 12:00pm-1:30pm		9:00am-2:00pm				
	al Lane Swim Opm-3:00pm		Partial Lane Swim 1:30pm-3:00pm				Partial Lane Swim 1:30pm-3:00pm				Lane Swim n-3:00pm	*NEW Water/Rehab	Partial Lane Swim 1:30pm-3:00pm	Leisure Pool Open Swim 11:00am - 4:00pm			Private Booking (Pool Closed)	
	pen Swim Opm-4:00pm		Open Swim 3:00pm- 4:00pm				Open Swim 3:00pm-4:00pm			Open Swim 3:00pm- 4:00pm Walking 1:00pm-2:00pm		Open Swim 3:00pm-4:00pm		Y Shallow Aquafit 2:00pm-2:45pm		1:00-3:00pm *Oct 15 - Dec 10		
AFTERN	Swim Lessons (Pools Closed) 4:00-7:00pm			Swim Lessons 4:30-7:00pm			Swim Lessons (Pools Closed) 4:00-7:00pm		Partial Lane Swim 4pm- 7:30pm	Swim Lessons 4:30pm- 7:00pm	Leisure Pool Open Swim 5-30am-4-00pm 4-30pm-7-00pm allocated for swim lessons	Swim Lessons (Pools Closed) 4:00-7:00pm		<b>Open Swim</b> 3:00pm-5:30pm	Open Swim 3:00pm-			
EVENING	p <b>en Swim</b> pm-8:30pm	Leisure Pool Open Swim 7:30pm-9:30pm	Open Swim 7:30pm- 8:30pm Partial Lane Swim 8:30pm-9:30pm		Leisure Pool Open Swim 7:30pm-9:30pm		Open Swim			Open Swim 7:30pm			Shallow Aquafit		Leisure Pool Open Swim 3:00pm- 8:30pm *Lessons occur*	7:30pm	Leisure Pool Open Swim 3:00pm-8:30pm	
7:30							7:30pm-8:30pm	Leisure Pool Open Swim 7:30pm-9:30pm	8:30pm		Leisure Pool Open Swim 7:30pm-9:30pm	7:45pm-8:30pm	Leisure Pool Open Swim 7:30pm-9:30pm	Teen Night 5:30-7:30pm				
	al Lane Swim Opm-9:30pm						Partial Lane Swim 8:30pm-9:30pm				Lane Swim m-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 7:30pm-8:30pm		Partial Lane Swim 7:30pm-8:30pm	
	Aquatics, BAY - Updated: March 13th, 2024 *Schedule subject to change without notice*																	

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	Coquitlam Resident Access  Please scan the QR Code to find YMCA Pool Access at City Prices									
		During these designated times, the pool is configured to all for Lane Swim Only.								
		A reminder regarding Lane Swim Etiquette:								
ITIES		Choose the appropriate lane for your pace.								
	Full Lane	Swim to the right side of the lane.								
	Swim	Faster swimmers must pass to the left.								
		When entering the lane, give other swimmers the right of way.								
A		when entering the lane, give context swimmers the right or way.  When restine, please keep to the corner to allow other swimmers to use the wall.								
		During this time the pool is configured to have one to three lanes dedicated for Lane Swim Only.								
	Lane	Additional aquatic activities may be occurring in other areas of the pool.								
	Swim	Please see above for Lane Swim Etiquette.								
	Open Swim	During this 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 and the climbing wall is available as well.								
	Teen Night Swim	For teens 13-18 yrs old. Join the pool party with the rock wall, swimming all while listening to music!								
S	Constant	Swim Lessons for Members:								
S S	Swim	Parent & Tot, Preschool, School Aged, Teen & Adult as available								
TESS(	Lessons	S   Lesson Hours will Evand over 2023								
	Only	*Pools are closed during swim lessons								
E		To do at a state of the state o								
AQUAF	Υ	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.								
	Aquafit									
8										
Ē		Bronze Medallion   Bronze Cross   National Lifeguard   Swim Instructor								
Ž	Courses:	Divince Mediannon   Divince Cross   Maturina Lineguatu   Smith Institution								
A	Lessons									
8	that									
ž	Occur	During weekdays and weekends, courses for training lifeguards and instructors will be using the pool in and around all programs								
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