




Aquatics Schedule Bettie Allard YMCA

Updated April 13th, 2024



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY							
	Main Pool	Leisure Pool	Main Pool	Leisure Pool	Main Pool	Leisure Pool	Main Pool	Leisure Pool	Main Pool	Leisure Pool	Main Pool	Leisure Pool	Main Pool	Leisure Pool						
MORNING	Full Lane Swim 5:30am-8:00am	Leisure Pool Open Swim 5:30am-4:00pm	Full Lane Swim 5:30am-9:00am	Leisure Pool Open Swim 5:30am-4:00pm	Full Lane Swim 5:30am-9:00am	Leisure Pool Open Swim 5:30am 9:00am	Full Lane Swim 5:30am-8:00am	Leisure Pool Open Swim 5:30am-4:00pm	Full Lane Swim 5:30am-8:00am	Leisure Pool Open Swim 5:30am 9:00am	Full Lane Swim 7:00am-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						
	Y Shallow Aquafit 9:15am-10:00am		Y Shallow Aquafit 9:15am-10:00am		Y Shallow Aquafit 9:15am-10:00am		Y Deep Aquafit 9:15am-10:00am		Y Shallow Aquafit 9:15am-10:00am		Y Shallow Aquafit 9:15am-10:00am		Y Shallow Aquafit 9:15am-10:00am		Y Shallow Aquafit 2:00pm-2:45pm					
	Partial Lane Swim 8am-12pm		Swim Lessons 9am-10am		Partial Lane Swim 10:00am-12:00pm		Swim Lessons 9am-11am		Swim Lessons 9am-11am		Swim Lessons 9am-11am		Partial Lane Swim 8am-12pm		Swim Lessons 9am-11am	Partial Lane Swim 8am-12pm	Swim Lessons 9am-11am	Leisure Pool 9am-11am	Swim Lessons 9am-11am	Swim Lessons (Pools Closed) 9:00am-1:00pm
AFTERNOON	Full Lane Swim 12:00pm-1:30pm	*Spaces allocated for swim lessons 9am-11am	Full Lane Swim 12:00pm-1:30pm	*Spaces allocated for swim lessons 9am-11am	Full Lane Swim 12:00pm-1:30pm	Leisure Pool Open Swim 11:00am - 4:00pm	Full Lane Swim 12:00pm-1:30pm	*NEW Water/Rehab Walking 1:00pm-2:00pm	Full Lane Swim 12:00pm-1:30pm	Leisure Pool Open Swim 11:00am - 4:00pm	Swim Lessons (Pools Closed) 9:00am-2:00pm		Private Booking (Pool Closed) 1:00-3:00pm *Oct 15 - Dec 10							
	Partial Lane Swim 1:30pm-3:00pm		Partial Lane Swim 1:30pm-3:00pm		Partial Lane Swim 1:30pm-3:00pm		Partial Lane Swim 1:30pm-3:00pm		Partial Lane Swim 1:30pm-3:00pm		Leisure Pool Open Swim 11:00am - 4:00pm	Partial Lane Swim 1:30pm-3:00pm	Leisure Pool Open Swim 11:00am - 4:00pm	Partial Lane Swim 1:30pm-3:00pm	Leisure Pool Open Swim 11:00am - 4:00pm					
	Open Swim 3:00pm-4:00pm		Open Swim 3:00pm-4:00pm		Open Swim 3:00pm-4:00pm		Open Swim 3:00pm-4:00pm		Open Swim 3:00pm-4:00pm		Open Swim 3:00pm-4:00pm	Open Swim 3:00pm-4:00pm	Open Swim 3:00pm-4:00pm	Open Swim 3:00pm-4:00pm	Open Swim 3:00pm-4:00pm	Open Swim 3:00pm-4:00pm				
EVENING	Swim Lessons (Pools Closed) 4:00-7:00pm		Partial Lane Swim 4pm-7:30pm	Swim Lessons 4:30-7:00pm	Leisure Pool Partial Swim 4:30pm-7:30pm	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	Swim Lessons 4:30pm-7:00pm	Swim Lessons (Pools Closed) 4:00-7:00pm							
			Partial Lane Swim 4pm-7:30pm	Swim Lessons 4:30-7:00pm	Leisure Pool Partial Swim 4:30pm-7:30pm	Swim Lessons 4:30-7:00pm			Partial Lane Swim 4pm-7:30pm	Swim Lessons 4:30pm-7:00pm	Leisure Pool Open Swim 5:30am-4:00pm	Swim Lessons 4:30pm-7:00pm								
			Partial Lane Swim 4pm-7:30pm	Swim Lessons 4:30-7:00pm	Leisure Pool Partial Swim 4:30pm-7:30pm	Swim Lessons 4:30-7:00pm			Partial Lane Swim 4pm-7:30pm	Swim Lessons 4:30pm-7:00pm	Leisure Pool Open Swim 5:30am-4:00pm	Swim Lessons 4:30pm-7:00pm								
	Open Swim 7:30pm-8:30pm	Leisure Pool Open Swim 7:30pm-9:30pm	Open Swim 7:30pm-8:30pm	Leisure Pool Open Swim 7:30pm-9:30pm	Open Swim 7:30pm-8:30pm	Leisure Pool Open Swim 7:30pm-9:30pm	Open Swim 7:30pm-8:30pm	Leisure Pool Open Swim 7:30pm-9:30pm	Open Swim 7:30pm-8:30pm	Leisure Pool Open Swim 7:30pm-9:30pm	Shallow Aquafit 7:45pm-8:30pm	Leisure Pool Open Swim 7:30pm-9:30pm	Open Swim 3:00pm-7:30pm	Leisure Pool Open Swim 3:00pm-8:30pm						
	Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm	Partial Lane Swim 8:30pm-9:30pm	Partial Lane Swim 8:30pm-9:30pm	Partial Lane Swim 8:30pm-9:30pm	Partial Lane Swim 8:30pm-9:30pm	Teen Night 5:30-7:30pm
	Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm	Partial Lane Swim 8:30pm-9:30pm	Partial Lane Swim 8:30pm-9:30pm	Partial Lane Swim 8:30pm-9:30pm	Partial Lane Swim 8:30pm-9:30pm	Partial Lane Swim 8:30pm-9:30pm

Aquatics, BAY - Updated: March 13th, 2024 *Schedule subject to change without notice*

ACTIVITIES	Coquitlam Resident Access		Please scan the QR Code to find YMCA Pool Access at City Prices
	Full Lane Swim	<p>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. Swim to the right side of the lane. Faster swimmers must pass to the left. When entering the lane, give other swimmers the right of way. When resting, please keep to the corner to allow other swimmers to use the wall.</p>	
	Partial Lane Swim	<p>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.</p>	
	Open Swim	<p>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 and the climbing wall is available as well.</p>	
Teen Night Swim	<p>For teens 13-18 yrs old. Join the pool party with the rock wall, swimming all while listening to music!</p>		
LESSONS	Swim Lessons Only	<p>Swim Lessons for Members: Parent & Tot, Preschool, School Aged, Teen & Adult as available Lesson Hours will Expand over 2023 *Pools are closed during swim lessons</p>	
AQUAFIT	Y Aquafit	<p>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.</p>	
ADVANCED AQUATICS	Courses: Lessons that Occur	<p>Bronze Medallion Bronze Cross National Lifeguard Swim Instructor</p>	
		<p>During weekdays and weekends, courses for training lifeguards and instructors will be using the pool in and around all programs</p>	