




ACTIVITIES	<b>Coquitlam Resident Access</b>  Please scan the QR Code to find YMCA Pool Access at City Prices
	<b>Full Lane Swim</b> During these designated times, the pool is configured to all for Lane Swim Only. <b>A reminder regarding Lane Swim Etiquette:</b> 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. <u>When resting, please keep to the corner to allow other swimmers to use the wall.</u>
	<b>Partial Lane Swim</b> 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. <b>Please see above for Lane Swim Etiquette.</b>
	<b>Open Swim</b> 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.
	<b>Water/Rehab Walking</b> Walking in water is an excellent <b>cardio and resistance training exercise option</b> . It can help strengthen and tone many muscle groups, while burning calories and being gentle on your bones and joints. Start off slowly and gradually increase the duration and intensity of your workouts.
<b>Teen Night Swim</b> For teens 13-18 yrs old. Join the pool party with the rock wall, swimming all while listening to music!	
<b>Swim Lessons Only</b> 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	
<b>Y Aquafit</b> 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/AQUAFIT	<b>Bronze Medallion   Bronze Cross   National Lifeguard   Swim Instructor</b>
	<b>Courses: Lessons that Occur</b> During weekdays and weekends, courses for training lifeguards and instructors will be using the pool in and around all programs