




Aquatics Schedule
Bettie Allard YMCA
 Updated June 27th, 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-9:00am	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-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 7:00am-9:00am	Leisure Pool Open Swim 7:00am-9:00am	Full Lane Swim 7:00am-9:00am	Leisure Pool/ Open Swim 7:00am-9:00am	
	Y Shallow Aquafit 9:15am-10:00am		Bi-Weekly Y Deep Aquafit 9:15am-10:00am	Partial Lane Swim 9am-12pm	SUMMER SWIM LESSON SETS 9AM-12:30PM	Partial Lane Swim 9am-12pm	Leisure Pool 9am-11am Swim Lessons 9am-11am	Partial Lane Swim 9am-12pm	Swim Lessons 9am-11am	SUMMER SWIM LESSON SETS 9am-12:30PM	Partial Lane Swim 9am-12pm	Swim Lessons 9am-11am	Leisure Pool 9am-11am	Swim Lessons (Pools Closed) 9:00am-1:00pm	
AFTERNOON	Full Lane Swim 12:00pm-1:00pm	Leisure Pool Open Swim 5:30am-4:00pm	Full Lane Swim 12pm-1:00pm	Water/Rehab Walking 1:00pm-2:00pm	Full Lane Swim 12:00pm-1:00pm	SUMMER SWIM LESSON SETS 9AM-12:30PM	Full Lane Swim 12pm-1pm	Water/Rehab Walking 1:00pm-2:00pm	Full Lane Swim 12:00pm-1:00pm	SUMMER SWIM LESSON SETS 9AM-12:30PM	Full Lane Swim 12:00pm-1:00pm	SUMMER SWIM LESSON SETS 9AM-12:30PM	Swim Lessons (Pools Closed) 9:00am-2:00pm		
	Partial Lane Swim 1pm-4pm		Partial Lane Swim 1pm-4pm	Partial Lane Swim 1pm-4pm	Partial Lane Swim 1pm-4pm		Partial Lane Swim 1pm-4pm	Partial Lane Swim 1pm-4pm	Partial Lane Swim 1pm-4pm		Partial Lane Swim 1pm-4pm		Y Shallow Aquafit 2:45pm	Private Booking (Pool Closed) 1:00-3:00pm	
EVENING	Swim Lessons (Pools Closed) 4:00-7:00pm		Partial Lane Swim 4:30pm-7pm	Swim Lessons 4:30pm-7:00pm	Swim Lessons (Pools Closed) 4:00-7:00pm		Partial Lane Swim 4:30pm-7:00pm	Swim Lessons 4:30pm-7:00pm	Swim Lessons (Pools Closed) 4:00-7:00pm		Full Lane Swim 2:45pm-8:30PM	Leisure Pool Open Swim 2:00pm-8:30pm FAMILY SWIM	Full Lane Swim 3pm-8:30pm	Leisure Pool Open Swim 3:00pm-8:30pm FAMILY SWIM	
	ROCK WALL 7:00pm-8:30pm	Leisure Pool Open Swim 7:00pm-9:30pm	Open Swim 7:00pm-8:30pm	Leisure Pool Open Swim 7:00pm-9:30pm	ROCK WALL 7:00pm-8:30pm	Leisure Pool Open Swim 7:00pm-9:30pm	Open Swim 7:00pm-8:30pm	Leisure Pool Open Swim 7:00pm-9:30pm	Open Swim 7:00pm-8:30pm	Leisure Pool Open Swim 7:00pm-9:30pm	Shallow Aquafit 7:45pm-8:30pm		Leisure Pool Open Swim 7:00pm-9:30pm	Teen Night 5:30-7:30pm	
	Full Lane Swim 7:00pm-9:30pm		Full Lane Swim 7:00pm-9:30pm		Full Lane Swim 7:00pm-9:30pm		Full Lane Swim 7:00pm-9:30pm		Full Lane Swim 7:00pm-9:30pm		Partial Lane Swim 8:30pm-9:30pm			Partial Lane Swim 8:30pm-9:30pm	

Aquatics, BAY - Updated: June 27th, 2024 *Schedule subject to change without notice*

	Coquitlam Resident Access	 Please scan the QR Code to find YMCA Pool Access at City Prices
ACTIVITIES		During these designated times, the pool is configured to all for Lane Swim Only.
	Full Lane Swim	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. <u>When resting, please keep to the corner to allow other swimmers to use the wall.</u>
	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 and the climbing wall is available as well.
	Water/Rehab Walking	Walking in water is an excellent cardio and resistance training exercise option . 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.
	Teen Night Swim	For teens 13-18 yrs old. Join the pool party with the rock wall, swimming all while listening to music!
LESSONS	Swim Lessons Only	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
Y 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 AQUATIC COURSES		Bronze Medallion Bronze Cross National Lifeguard Swim Instructor
	Courses: Lessons that Occur	During weekdays and weekends, courses for training lifeguards and instructors will be using the pool in and around all programs