



SCHEDULES

Public Skating

Effective: January 2 to March 9, 2012

No sticks or pucks permitted on the ice during public skate sessions.
 Children 7 years and under must be accompanied on the ice by an adult.

During Public Skates, CSA hockey & boarding helmets are mandatory for all children 11yrs & under. Bike helmets not permitted.

	MON	TUE	WED	THU	FRI	SAT	SUN
Toonie Skate	1:30-3pm				2:15-3:45pm		
Adult Only*		8:15-9:15pm*					
Everyone Welcome	12-1pm	12-1pm	12-1pm	12-1pm 7:15-8:45pm	12-1pm 8-9:45pm	7:30-9pm	12:45-2:15pm
Family Skate						3:15-4:45pm	2:30-4pm
Family Lessons***				7:15-7:45pm			
Playtime On Ice (7yrs and under)**		10:30-11:45	10:45-12pm				
Adapted/Seniors Skate		1:30-3pm		1:30-3pm			
Youth (13-18yrs)					10:15-11:15pm		

* Instructor on the ice to assist you.

For Public Skate prices see Skating Section on page 3

** Ice divided and toys and children's hockey sticks available

*** Family Public Skate Lessons include admission to the Everyone Welcome Thursday Night Public Skate

Drop-In Hockey

Effective: January 2 to March 9, 2012

	MON	TUE	WED	THU	FRI	SAT
Family Ring/Stick/Puck	7:15-8:15am	7:15-8:15am	7:15-8:15am	7:15-8:15am		
Children 4-12yrs Rings/Sticks/Pucks		3:15-4pm		3:15-4pm		
Youth 13yrs+/Adults Rings/Sticks/Pucks		8:15-9:15am		8:15-9:15am		
Adult Daytime	11:45am- 1:15pm	11:45am- 1:15pm	11:45am- 1:15pm	11:45am- 1:15pm	11:45am- 1:15pm	
Adult Evening				9-10:15pm		10:45-12:15am
Ladies Hockey Lessons *		9:30-10:30am**				
Ladies Hockey				10-11:30am**		
Hockey (45yrs+)		10-11:30am			10-11:30am	

* Spots reserved for Drop in/Instructor on the ice to assist you. ** Child-minding available, call 604.927.7970 to inquire.

All public skate sessions are cancelled on statutory holidays.

Schedule subject to change without notice, as sessions are quite often changed or cancelled for events and tournaments.

see www.portcoquitlam/publicskate.ca or call 604.927.7970 for updates.

For Public Skate prices see Skating Section on page 3

SCHEDULES

Aquafit Program

	MON	TUE	WED	THU	FRI	SAT
AM						8:15-9:15am Water Running
		8:30-9:30am Light-Fit		8:30-9:30am Light-Fit		
	9:30-10:30am Cardio Combo	9:45-10:45am Deep Fit	9:30-10:30am Cardio Combo	9:45-10:45am Water Running	9:30-10:30am Cardio Combo	
	10:45-11:30am Adapted Fit		10:45-11:30am Adapted Fit		10:45-11:30am Adapted Fit	
PM	2:15-3:15pm Stretch & Strengthen		2:15-3:15pm Stretch & Strengthen			
	7-8pm Water Running	7-8pm Mystery Class	7-8pm Water Running	7-8pm Deep Fit		
		8:15-9pm AlohaSpirit Relaxation*		8-9:30pm H2O Bootcamp*		

*** Pre-registration Required.**
Please see seasonal fitness brochure for your personal schedule and descriptions and levels of each class.

Hyde Creek Indoor Pool Schedule

1379 Laurier Ave. 604.927.SWIM Effective: January 2, 2012

Lap & Leisure Pool	MON	TUE	WED	THU	FRI	SAT	SUN
Hours	6am-10pm					8am-10pm	8am-9pm
Leisure Pool	Open - Close (Limited Space in Leisure Pool during Lesson Time)						
Lengths Swim (min 3 lanes)	6-9am 12-1pm 9-10pm	6-8:30am 12-1pm	6-9am 12-1pm 9-10pm	6-8:30am 12-1pm 9-10pm	6-9am 12-1pm	8-9am	
"Lesson Only Time (Lap Pool Closed)"	4-7pm					9-12pm	
Adapted Swim Time	10:30-12pm		10:30-12pm		10:30-12pm		
Waterslide	5:30-8pm					1-4:30pm	
Underwater Hockey		9-10pm					
Master's Swimming	8-9pm	8-9pm	8-9pm		6-7pm		
Preschool Oriented Morning	9:30-11:30am		9:30-11:30am		9:30-11:30am		
Youth Oriented Night					8-10pm		
Adult Oriented Night		8-10pm					
"Available School Bookings"	1-3pm	10:30-12pm 1-3pm	1-3pm	10:30-12pm 1-3pm	1-3pm		

Schedules subject to change. If you have any questions, please contact 604.927.SWIM

WINTER 2012 Walking Schedule

	MON	TUE	WED	THU	FRI
9:30am		Hyde Creek Women's Group		Wilson Centre Women's Group	
Noon	Downtown		Downtown		
1pm	Wilson Centre				

Please call ahead for updates and to confirm scheduled walks.



SCHEDULES

Hyde Creek Centre - Winter Fitness Schedule

Effective: January 7, 2012

	MON	TUE	WED	THU	FRI	SAT	SUN
AM						Power Spin Amanda/ Stephanie 9:15-10:15am	Spin 101 Jocelyn 8:30-9:15am
	Fusion Omega 9:30-10:30am	Power Spin Jen K 9:30-10:30am	Body Sculpt Mary 9:30-10:30am	Spin & Sculpt Leslie 9:30-10:30am	Step & Sculpt TBD 9:30-10:30am	Yoga Mary 9:15-10:15am	Spin Express Leslie N 9:30-10:15am
		50+ Spin Dee 10:45-11:30am	Yoga Susanne 10-11am	50+ Spin Alvina 10:45-11:30am	Spin Express Leslie N 10:45-11:30am	Spin Express Leslie J 10:30-11:15am	Spin & Core Kari 10:30-11:30am
PM	Fit-N-Fifty Beth 12-1pm		Fit-N-Fifty Leslie 12-1pm	Spin Express Jen K 4:45-5:30pm	Fit-N-Fifty Leslie 12-1pm		Free Class 11:45am-12:45pm
	Spin Express Amanda 4:45-5:30			Body Sculpt Mary 6-7pm			
	Step & Sculpt Mary 6-7pm	Body Sculpt Christine 6-7pm	Power Spin Jen B 5:45-6:45pm	Yoga Leigha 6-7pm			
	Yoga Melanie 6-7pm Mary 7:15-8:15pm	Spin Express Leslie N/Steph 7:15-8pm		Power Spin Tammy 7:15-8:15pm	Spinning 101 Jen/Jocelyn 6-6:45pm		
	Spin Express Aubyn 8:15-9pm	Body Express Stephanie 8:15-9pm	Spin Express Jen T 8:15-9pm	Yoga Susanne 7:15-8:15			

CHILDMINDING AVAILABLE
 DROP-IN: MON-FRI 9:15am-11:45am
 TUE/THU 5:45-8:30pm
 CALL 927-7946 FOR NEW PRE-BOOK INFO.

Schedule subject to change. No classes on statutory holidays

For admission prices and class descriptions see page 21

Registered Health & Wellness Programs

Effective: January 7, 2012

	MON	TUE	WED	THU	SAT
AM	Boot Camp 6am				Boot Camp 8am
	Zumba 10:45-11:45am		Yoga Drop-in 10am	Belly Fit 11-12am	Yoga Drop-In 9:15am
PM	Yoga @ Rec Complex 6 & 7:35pm	Pilates (Int.) 6pm	Belly Fit 4:40pm	Yoga Drop-in 6pm	
	Yoga Drop-in 6pm		Zumba 7pm	Zumba 4:40 & 6:30pm	
	Power Flow Yoga 6pm		Boot Camp @ HC 7pm	Boot Camp @ Gates 6:30pm	
	Boot Camp @ Gates 6:30pm	Zumba 6:30pm		Yogalates - Int. 7:15pm	
	Weight Loss Training Camp 6:30pm	Boot Camp @ Gates 6:30pm		Yoga Drop-in 7:15pm	
	Zumba 7pm	Pilates (Beg.) 7pm		Belly Dance 8:30pm	
	Power Flow Yoga 7pm				
	Boot Camp @ Hyde Creek 7pm	Yogalates 7-8pm			
	Yoga Drop-in 7:15pm				

SCHEDULES



Hyde Creek Weight Room Schedule

Effective: January 2, 2011

	MON	TUE	WED	THU	FRI	SAT	SUN
Public	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-10pm	8am-10pm	8am-9pm
Adult Only	9-10pm	9-10pm	9-10pm	9-10pm			
Youth	3-6pm	3-6pm	3-6pm	3-6pm	3-6pm	6-8pm	6-8pm

To Attend Public Hours: Must be minimum 15 years (13 & 14 years with parents) 12 years of age and under are not permitted in the weight room.
To Attend Adult Only Hours: Minimum 18 years and pay adult admission rates.
To Attend Youth Hours: Be 13 years and over. Recommend Youth Weight Room Orientation. 12 years and younger are not permitted in weight room.
***Everyone in the weight room must pay admission and wear a wrist band on their wrist.**



Hyde Creek Gymnasium Schedule

Youth & Adult drop-in programs effective: January 2, 2012

Parent & Tot drop-ins effective: January 16, 2012

Childrens drop-ins effective: January 16, 2012

	MON	TUE	WED	THU	FRI	SAT	SUN
Parent and Tot Drop In Gym (0-6yrs)				9:30-11am Day Care Drop-In	9:30-11:30am Time for Gym		
Childrens Sports Registered & Drop in (5-10yrs)	3:20-4:20 4:30-5:30pm Soccer	3-5pm All Sports	3:30-5pm Gymnastics	Floor Hockey	Basketball	Soccer Tots (4-6yrs) 9-10am Sporty 2's Soccer 10-10:35am Sporty 3's Soccer 10:40-11:30	
Youth Drop In Gym					8-11pm Special \$1 Drop In	7-10pm Special \$1 Drop In	
Badminton (youth/adult)		10am-12pm	8-10pm				2-4pm
Badminton (family)						3-5pm	12-2pm
Volleyball Registered & Drop in (youth/adult)		8-10pm (Rec)		8-10pm (Rec)			6:15-9pm (Competitive)
Basketball (youth/adult)							4:15-6pm
Men's Ball Hockey	7:30-9:30pm						
Pickleball			12-3pm				

Youth/Adult Programs are for 15yrs and older. Youth 13-14 yrs are allowed under the supervision of a paid adult. Programs are subject to change in order to reflect the needs of the community. Classes may be cancelled.