

Spring Aquatic Drop-in Schedule

Effective May 14 - June 28, 2024

təməsewtx^w Aquatic and Community Centre • 65 East Sixth Avenue • 604.777.5100

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
May 14 (4:00 pm) - June 2, 2024							
Leisure Pool							
Leisure Pool	5:30 am - 10:00 pm*	5:30 am - 10:00 pm*	5:30 am - 10:00 pm*	5:30 am - 10:00 pm*	5:30 am - 10:00 pm	8:00 am - 10:00 pm	8:00 am - 8:30 pm
Leisure Lanes (25m)	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	8:00 am - 10:00 pm	8:00 am - 8:30 pm
Steam Room, Family & Adult Hot Tub, and Sauna	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	8:00 am - 10:00 pm	8:00 am - 8:30 pm
Try-it!		10:30 am - 12:00 pm	10:30 am - 12:00 pm				7:00 - 8:30 pm
Lane Pool							
Length Swim (20.2 m)	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	8:00 am - 10:00 pm	8:00 am - 8:30 pm
Deep Tank, Diving Board & Platforms	Availability based on staffing levels during public swim. Please call 604.777.5100.						
Aquatic Fitness							
Deep Aquafit	9:30 - 10:15 am		9:30 - 10:15 am				9:30 - 10:15 am
Shallow Aquafit (Leisure Pool)	10:30 - 11:15 am		10:30 - 11:15 am <i>Try-it!</i>				
Aqua Zumba				8:30 - 9:15 pm			
June 3 - 9, 2024							
Leisure Pool							
Leisure Pool	5:30 am - 10:00 pm*	5:30 am - 10:00 pm*	5:30 am - 10:00 pm*	5:30 am - 10:00 pm*	5:30 am - 10:00 pm	8:00 am - 10:00 pm	8:00 am - 8:30 pm
Leisure Lanes (25m)	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	8:00 am - 10:00 pm	8:00 am - 8:30 pm
Steam Room, Family & Adult Hot Tub, and Sauna	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	8:00 am - 10:00 pm	8:00 am - 8:30 pm
Try-it!		10:30 am - 12:00 pm	10:30 am - 12:00 pm				7:00 - 8:30 pm
Lane pool closed for bulkhead delivery. No aquatic fitness.							
June 10 - 28, 2024							
Leisure Pool							
Leisure Pool	5:30 am - 10:00 pm*	5:30 am - 10:00 pm*	5:30 am - 10:00 pm*	5:30 am - 10:00 pm*	5:30 am - 10:00 pm	8:00 am - 10:00 pm	8:00 am - 8:30 pm
Leisure Lanes (25 m)	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	8:00 am - 10:00 pm	8:00 am - 8:30 pm
Steam Room, Family & Adult Hot Tub, and Sauna	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	5:30 am - 10:00 pm	8:00 am - 10:00 pm	8:00 am - 8:30 pm
Try-it!		10:30 am - 12:00 pm	10:30 am - 12:00 pm				7:00 - 8:30 pm
Lane Pool							
Length Swim (50 m)	5:30 - 8:30 am		5:30 - 8:30 am		5:30 - 8:30 am		7:00 - 8:30 pm
Length Swim (25 m)	9:30 am - 10:00 pm	5:30 am - 9:30 pm	9:15 am - 10:00 pm	5:30 am - 9:30 pm	9:15 am - 10:00 pm	8:00 am - 10:00 pm	8:00 am - 6:15 pm
Deep Tank, Diving Board & Platforms	Availability based on staffing levels during public swim. Please call 604.777.5100.						
Aquatic Fitness							
Deep Aquafit	9:30 - 10:15 am		9:30 - 10:15 am				9:30 - 10:15 am
Shallow Aquafit	10:30 - 11:15 am		10:30 - 11:15 am <i>Try-it!</i>				
Aqua Zumba				8:30 - 9:15 pm			
<p>*The leisure pool is shared with swimming lessons Monday - Thursday, 4:00 - 8:00 pm, and space will be limited. Partial closures of pool spaces or amenities may occur due to staffing levels or bulkhead moves. Must be at least 15 years of age to use the adult hot tub, sauna, and steam room. Schedule subject to change. For up-to-date schedules visit: newwestcity.ca/drop-in</p>							
Registration is available for limited-capacity drop-in sessions 72 hours in advance for New Westminister residents and 48 hours in advance.							

Admission Fees:

0 - 3 years	Free
4 - 12 years	\$3.75
13 - 18 years	\$5.00
19 - 64 years	\$7.50
65 - 74 years	\$5.00
75+ years	\$3.75
Family Member	\$3.75
Student with ID	\$5.00
Try-It!	\$2.00

Indoor Aquatic Centre Amenities

- All Ages: Universal change rooms, showers, lockers, leisure pool, lazy river, lane pool, family hot tub, 1 & 3 metre diving boards, and 5 metre platform
- 15+ Years: adult hot tub, sauna, steam room

Enjoy access to the leisure pool, and amenities. Space will be limited Monday - Thursday, 4:00 - 8:00 pm, when the leisure pool is shared with swimming lessons. Children 6 years and under must be accompanied in the water by a capable swimmer 15+ years. Out-of-water supervision of participants is permitted at no cost for children 7+ years.

Lane Swimming

Share lanes with other participants, swimming at a similar pace. 25 metre and 50 metre lanes are available, but times may be interrupted to move bulkheads and for lessons. Lanes are for length swimming and water running only. Kickboards are available.

Deep & Shallow Aquafit & Aqua Zumba (15+ years)

Improve cardio and strength in low to zero impact shallow or deep water exercise. Shallow Aqua Zumba includes upbeat music and offers a high-energy, low-impact workout. Floatation belts are provided for deep water classes. Youth 13 - 14 years may participate if accompanied by an adult 19+ years who is also participating in the class. All abilities are welcome.

WHAT TO KNOW

The Spring Schedule will change on these dates:

May 14 - June 2 Delivery of the bulkheads for the 50m have been delayed. While we wait for the bulkheads to arrive, the configuration in the 50m pool will be slightly unusual.

You can expect:

- Ropes will be installed widthwise
- Lanes to 2.5m wide and 20.2m long.
- No flip lines
- No overhead flags
- Shallow Aquafit will be held in the leisure pool until the moving floor is operational in the shallow end of the lane pool, as raising and lowering the floor requires bulkheads.

June 3 - 9 The lane pool will be closed to the public for the bulkhead delivery and installation. The leisure pool will remain open.

June 10 Full operations.

How to Get Here

Parking will be very limited. Alternative modes of transportation are encouraged.

Read the Arrival Guide at newwestcity.ca/TACC

Outdoor Pools

Outdoor Pools are returning to regular operations in June.

Moody Park Outdoor Pool, June 15 - September 2

Hume Park Outdoor Pool, June 29 - September 2

Find more information at

newwestcity.ca/outdoor-pools

Before entering our pools,
wash your body with **soap.**

Do your part to keep our
water clean and the air fresh!

keep it fresh!

Learn why at
newwestcity.ca/keep-it-fresh

