




Inglewood Aquatic Centre

1527 17 Avenue S.E.

January 2 - March 31, 2024

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Lane Swim 8 - 9 a.m.	Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 9 a.m.
				Deep Water Workout 9:05 - 10 a.m. Lisa Marie Self-Led Shallow	Reserved for Swimming Lessons 8:30 - 11 a.m.	Family Swim 9 - 10:30 a.m.
				Aqua Fitness 10:05 - 11 a.m. Lisa Marie Self-Led Deep		
Lane Swim 11 a.m. - 1p.m.	Lane Swim 11:30 a.m. - 1 p.m.	Lane Swim 11 a.m. - 12 p.m.	Lane Swim 11:30 a.m. – 2 p.m.	Family Swim 11 a.m. - 12 p. m.	Reserved for Birthday Party Bookings 11 a.m. - 2 p.m.	Reserved for Birthday Party Bookings 10:30 a.m. - 2 p.m.
Deep Water Workout 1:05 - 2 p.m. Caitlin Self-Led Shallow	Deep Water Workout 1:05 - 2 p.m. Izabela Self-Led Shallow	New Tethered Deep Water Workout 12:05 - 1 p.m. Julie Self-Led Shallow		Lane Swim 12 - 2 p.m.		
Aqua Fitness 2:05 - 3 p.m. Caitlin Self-Led Deep	Aqua Fitness 2:05 - 3 p.m. Izabela Self-Led Deep	Aqua Fitness 1:05 - 2 p.m. Julie Self-Led Deep	Public Swim 2 - 4 p.m.		Public Swim 2 - 3:30 p.m.	Public Swim 2 - 3:30 p.m.
Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.		Public Swim 2 - 4:30 p.m.	<div>Schedule Subject to Change</div> <div></div> <div>Visit calgary.ca/inglewoodpool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor–led classes.</div>	
Reserved for Swim Club 4 - 6: 30 p.m.	Reserved for Swim Club 4 - 8 p.m.	Reserved for Swim Club 4 - 6:30 p.m.	Reserved for Swim Club 4 - 6 p.m.			
Lane Swim - Shared 6:30 - 7:30 p.m.		Lane Swim - Shared 6:30 - 7:30 p.m.	Aqua Fitness 6:05 - 6:55 p.m. Julie Self-Led Deep Tethered Deep Water Workout (Registered) 7 - 8 p.m. Julie			