




Killarney Aquatic & Recreation Centre

1919 29 Street S.W.
January 2 - March 31, 2024

Main Pool Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 8 a.m.	Closed For Swim Club 6 - 7 a.m.	Lane Swim 6 - 8 a.m.	Closed For Swim Club 6 - 7 a.m.	Lane Swim 6 - 8 a.m.	Pool Area CLOSED	
	Lane Swim 7 - 8 a.m.		Lane Swim 7 - 8 a.m.			
Aqua Fitness 8:10 - 9 a.m. Matthew/Candace	Aqua Fitness 8:10 - 9 a.m. Jane	Aqua Fitness 8:10 - 9 a.m. Candace	Aqua Fitness 8:10 - 9 a.m. Navin	Aqua Fitness 8:10 - 9 a.m. Naz	Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 8:30 a.m.
Reserved for School Board Swimming Lessons 9 a.m. - 12 p.m. We add Public/Lane swim when the schoolboards are not in. Please check current schedule changes online at calgary.ca/KillarneyPool					Swim Lessons (Saturday Weekly) 8:30 a.m. - 12:30 p.m.	Closed for Swim Club 8:30 - 9:30 a.m.
						Family Swim 9:30 - 11:30 a.m.
						Lane Swim Shared 11:30 a.m. - 12:30 p.m.
Lane Swim 12 - 1 p.m.						
50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m. Theresa/Candace	50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m. Candace	Aqua Zumba® 1:10 - 2 p.m. Jennifer	50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m. Candace	Aqua Zumba® 1:10 - 2 p.m. Hiroe	Public Swim 12:30 - 2:30 p.m.	Swim Lessons (Sunday Weekly) 12:30 - 3:30 p.m.
Lane & Public Shared Swim 2 - 4 p.m.	Lane & Public Shared Swim 2 - 4 p.m.	Lane & Public Shared Swim 2 - 4 p.m.	Lane & Public Shared Swim 2 - 4 p.m.	Public Swim 2 - 4 p.m.	Lane Swim - Adult/Youth 2:30 - 3:30 p.m.	Hot Tub CLOSED for cleaning 1 - 3:30 p.m.
					Pool Area CLOSED	
Closed for Swim Club 4 - 6 p.m.					Schedule Subject to Change.	
Closed for Swim Club 6 - 7 p.m.	Swim Lessons (Tues/Thurs) 6 - 9 p.m.	Closed for Swim Club 6 - 7 p.m.	Swim Lessons (Tues/Thurs) 6 - 9 p.m.	Junior Lifeguard Club 6 - 7:30 p.m.		
Swim Lessons (Mon/Wed) 7 - 8 p.m.		Swim Lessons (Mon/Wed) 7 - 8 p.m.		Closed for Swim Club 7:30 - 8:30 p.m.		
Aqua Fitness 8:05 - 8:55 p.m. Mary Lou		Aqua Fitness 8:05 - 8:55 p.m. Lynn		Lane Swim 8:30 - 9:30 p.m.		
Lane Swim - Adult/Youth 9 - 10 p.m.	Lane Swim 9 - 10 p.m.	Lane Swim - Adult/Youth 9 - 10 p.m.	Lane Swim 9 - 10 p.m.	Pool Area CLOSED		



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Dive Tank & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water Workout 6:10 - 7 a.m. Matthew	Self-Led Dive Tank Exercise 6 - 7 a.m.	Deep Water Workout 6:10 - 7 a.m. Sandra	Self-Led Dive Tank Exercise 6 - 7 a.m.	Deep Water Workout 6:10 - 7 a.m. Naz	Pool Area CLOSED	
Deep Water Workout 7:10 - 8 a.m. Matthew	Deep Water Workout 7:10 - 8 a.m. Jane	Deep Water Workout 7:10 - 8 a.m. Sandra	Deep Water Workout 7:10 - 8 a.m. Navin	Deep Water Workout 7:10 - 8 a.m. Naz		
Self-Led Dive Tank Exercise 8 - 9 a.m.	Self-Led Dive Tank Exercise 8 - 9 a.m.	Self-Led Dive Tank Exercise 8 - 9 a.m.	Self-Led Dive Tank Exercise 8 - 9 a.m.	Self-Led Dive Tank Exercise 8 - 9 a.m.	Deep Water Workout 7:40 - 8:30 a.m. Jennifer	Deep Water Workout 7:40 - 8:30 a.m. Julie D.
<div>Reserved for School Board Swimming Lessons 9 - 11 a.m.</div> <div>We add Open Dive Tank swim when the schoolboards are not in. Please check schedule changes online at calgary.ca/KillarneyPool</div>					Swim Lessons (Saturday Weekly) 8:30 a.m. - 12:30 p.m.	Self-Led Dive Tank Exercise 8:30 - 9:30 a.m.
						Open Dive Tank (Family Swim) 9:30 - 11:30 a.m.
						Self-Led Dive Tank Exercise Shared 11:30 a.m. - 12:30 p.m.
Deep Water Workout 11 - 11:55 a.m. Mary Lou	Tethered Deep Water Workout 11:10 - 11:55 a.m. Julie D.	NEW Deep Water Workout 11:10 a.m. - 12 p.m. Theresa	Tethered Deep Water Workout 11:10 - 11:55 a.m. Candace	Deep Water Workout 11 - 11:55 a.m. Matthew	Open Dive Tank (Public Swim) 12:30 - 2:30 p.m.	Swim Lessons (Saturday Weekly) 12:30 - 3:30 p.m.
50+ Deep Water Workout (Gentle 3) 12:05 - 1 p.m. Mary Lou	Deep Water Workout 12:05 - 1 p.m. Matthew	50+ Deep Water Workout (Gentle 3) 12:05 - 1 p.m. Izabela	Deep Water Workout 12:05 - 1 p.m. Candace	50+ Deep Water Workout (Gentle 3) 12:05 - 1 p.m. Matthew		
Self-Led Dive Tank Exercise 1 - 2 p.m.	Self-Led Dive Tank Exercise 1 - 2 p.m.	Self-Led Dive Tank Exercise 1 - 2 p.m.	Self-Led Dive Tank Exercise 1 - 2 p.m.	Self-Led Dive Tank Exercise 1 - 2 p.m.	Self-Led Dive Tank Exercise 2:30 - 3:30 p.m.	Hot Tub CLOSED for cleaning 1 - 3:30 p.m.
Open Dive Tank 2 - 4:30 p.m.						
Closed for Swim Club 4:30 - 6 p.m.					Pool Area CLOSED	
					<div>Schedule Subject to Change.</div> <div></div> <div>Visit calgary.ca/KillarneyPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</div>	
Swim Lessons (Mon/Wed) 6 - 7 p.m.	Swimming Lessons (Tues/Thurs) 6 - 9 p.m.	Swim Lessons (Mon/Wed) 6 - 7 p.m.	Swimming Lessons (Tues/Thurs) 6 - 9 p.m.	Junior Lifeguard Club 6 - 7:30 p.m.		
Tethered Deep Water Workout 7:10 - 7:55 p.m. Mary Lou		Tethered Deep Water Workout 7:10 - 7:55 p.m. Julie D.		Deep Water Workout 7:30 - 8:30 p.m. Cynthia		
Deep Water Workout 8:05 - 8:55 p.m. Julie L.		Deep Water Workout 8:05 - 8:55 p.m. Julie D.		Self-Led Dive Tank Exercise 8:30 - 9:30 p.m.		
Self-Led Dive Tank Exercise 9 - 10 p.m.	Open Dive Tank 9 - 10 p.m.	Self-Led Dive Tank Exercise 9 - 10 p.m.	Open Dive Tank 9 - 10 p.m.	Pool Area CLOSED		



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Tot/Kiddie Pool & Preschool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed Adult/Youth Only 6 - 7 a.m.						
Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7:30 - 8:30 a.m.	Tot Pool Open 7:30 a.m. - 12:30 p.m.
					Closed for Swim Lessons 8:30 a.m. - 12:30 p.m.	
					Tot Pool Open 12:30 - 2:30 p.m.	Closed for Swim Lessons 12:30 - 3:30 p.m.
					Closed Adult/ Youth Only 2:30 - 3:30 p.m.	
Closed 6- 10 p.m.	Closed 6 - 10 p.m.	Closed 6- 10 p.m.	Closed 6 - 10 p.m.	Closed 6 - 9 p.m.	Schedule Subject to Change. Visit calgary.ca/KillarneyPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor–led classes.	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Play Multipurpose A 7 a.m. - 6 p.m.	Active Play Multipurpose A 7 - 8:30 a.m.	Active Play Multipurpose A 7 a.m. - 6 p.m.	Active Play Multipurpose A 7 - 8:30 a.m.	Active Play Multipurpose A 7 a.m. - 8 p.m.	Active Play Multipurpose A 7:30 a.m. - 2:30 p.m.	Active Play Multipurpose A 7:30 a.m. - 2:30 p.m.
	Preschool - Parent & Tot - Wiggle, Giggle & Move (1.5 - 2 yrs) (Registered) Multipurpose A 8:45 - 9:45 a.m. Leah		Preschool - Parent & Tot - Move, Imagine & Play (1.5 - 2 yrs) (Registered) Multipurpose A 8:45 - 9:45 a.m. Leah			
	Preschool - Music Makers (3 - 5 yrs) (Registered) Multipurpose B 10 a.m. - 12 p.m. Leah		Preschool - Little Explorers (3 - 5 yrs) (Registered) Multipurpose B 10 a.m. - 12 p.m. Leah			
	NEW Preschool - All About Animals (3 - 5 yrs) (Registered) Multipurpose B 12:30 - 2:30 p.m. Leah		NEW Preschool - ABC Club (3 - 5 yrs) (Registered) Multipurpose B 12:30 - 2:30 p.m. Leah		Schedule Subject to Change. 	
	Active Play Multipurpose A 10 a.m. - 6 p.m.		Active Play Multipurpose A 10 a.m. - 6 p.m.			




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Dry Land DROP-IN Fitness Schedule


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Mind-Body Flow * Multipurpose C 6:05 - 6:55 a.m. Naz		Mind-Body Flow * Multipurpose C 6:05 - 6:55 a.m. Sue		NEW Total Body Workout Fitness Studio 8 - 8:50 a.m. Nora	Cardio Kickboxing Fitness Studio 8 - 8:50 a.m. Erika
Zumba® Fitness Studio 9 - 10 a.m. Jennifer	Total Body Workout Fitness Studio 9 - 10 a.m. Madeleine	Mind-Body Flow * Fitness Studio 9 - 10 a.m. Izabela	Total Body Workout Fitness Studio 9 - 10 a.m. Helen	Pure Cycle Fitness Studio 9 - 10 a.m. Madeleine	Zumba® Fitness Studio 9 - 10 a.m. Jennifer	Mind-Body Flow * Fitness Studio 9 - 10 a.m. Erika
Total Body Workout Fitness Studio 10:15 - 11:15 a.m. Jennifer	Stretch & Restore * Multipurpose C 10:15 - 11:15 a.m. Madeleine	Total Body Workout Fitness Studio 10:15 - 11:15 a.m. Izabela	Mind-Body Flow * Multipurpose C 10:15 - 11:15 a.m. Helen	Total Body Workout Fitness Studio 10:15 - 11:15 a.m. Madeleine	Stretch & Restore * Multipurpose C 10:15 - 11:15 a.m. Ted	Zumba® Fitness Studio 10:15 - 11:15 a.m. Hiroe
	Balance and Strength (Gentle 2) Fitness Studio 10:45 - 11:45 a.m. Katherine		Balance and Strength (Gentle 2) Fitness Studio 10:45 - 11:45 a.m. Katherine			
Cardio Kickboxing Fitness Studio 12 - 1 p.m. Emm	Stretch & Restore * Multipurpose C 12 - 1 p.m. Madeleine	Zumba® Fitness Studio 12 - 1p.m. Jennifer	Stretch & Restore * Multipurpose C 12 - 1 p.m. Wendy	Cycle Pump Fitness Studio 12 - 1 p.m. David		
50+ Fitness (Gentle 3) Fitness Studio 1:15 - 2:15 p.m. Naz	Strong & Steady (Gentle 1) Multipurpose C 1:15 - 2:15 p.m. Wendy	50+ Fitness (Gentle 3) Fitness Studio 1:15 - 2:15 p.m. Naz	Strong & Steady (Gentle 1) Multipurpose C 1:15 - 2:15 p.m. Wendy	Dance Yourself Fit - Light (Gentle 3) Fitness Studio 1:15 - 2:15 p.m. Corinne		
Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Naz		Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Naz		Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Corinne	Schedule Subject to Change.  Visit calgary.ca/KillarneyPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes. *Must bring your own yoga mat.	
	Cardio & Strength Intervals Fitness Studio 6 - 7 p.m. Gretchen	NEW Cycle Pump Fitness Studio 4:45 - 5:45 p.m. Ron	Pure Cycle Fitness Studio 6 - 7 p.m. Ted			
	Mind-Body Flow * Fitness Studio 7:15 - 8:15 p.m. Izabela		Zumba® Fitness Studio 7:15 - 8:15 p.m. Chantel (resume Feb 8)			



Killarney Aquatic & Recreation Centre

1919 29 Street S.W.
Winter 2024

Dry Land REGISTERED Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Private Booking Multipurpose C 9 a.m. - 12:30 p.m.	Pilates * Multipurpose C 9 - 10 a.m. Sandi	Private Booking Multipurpose C 9 a.m. - 12:30 p.m.		Parent & Baby - Yoga * Multipurpose C 9:15 - 10:05 a.m. Naz	Weight Room Orientation - Youth & Adult Weight Room 9 - 10 a.m. Madeleine	Qigong (Gentle 3) Multipurpose B 8:30 - 9:30 a.m. Greg
				Yoga For a Healthy Back * Multipurpose B 9:30 - 10:30 a.m. Agatha	Pilates * Multipurpose C 9 - 10 a.m. Sandi	Kung Fu - Kids (6 - 9 yrs) Multipurpose B 9:45 - 10:30 a.m. Greg
NEW Small Group Training - Power Hour Circuit Weight Room 11:20 a.m. - 12:20 p.m. Madeleine	Parent & Baby - TRX - Strong Fitness Studio 12 - 1 p.m. Susan			Parent & Baby - Barre Multipurpose C 10:20 - 11:10 a.m. Naz	Karate Introductory - All Ages (7 years - Adult) Fitness Studio 10:10 - 11:10 a.m. James	Kung Fu - Kids (10 - 12 yrs) Multipurpose B 10:45 - 11:45 a.m. Greg
NEW Weight Room Orientation - Older Adult Weight Room 12:30 - 1:30 p.m. Madeleine	Parent & Baby - TRX - Strong Fitness Studio 1:15 - 2:15 p.m. Susan			NEW Parent & Baby - Yoga * Multipurpose B 10:40 - 11:30 a.m. Agatha	Karate Continuing - All Ages (7 years - Adult) Fitness Studio 11:20 - 12:20 p.m. James	Kung Fu - All Ages (9 years - Adult) Multipurpose B 12 - 1 p.m. Greg
Private Booking Multipurpose C 1 - 2:30 p.m.				Small Group Training - Power Hour Circuit Weight Room 11:20 a.m. - 12:20 p.m. Madeleine	Self Defense & Awareness Workshop Fitness Studio 12:30 - 2:30 p.m. Heather	Pilates * Fitness Studio 11:30 a.m - 12:30 p.m. Sandi
Kickboxing Fitness Studio 4:45 - 5:45 p.m. Charles	Alberta Cancer Exercise - Survivorship Fitness Studio 4 - 4:45 p.m. Iris		Alberta Cancer Exercise - Survivorship Fitness Studio 4 - 4:45 p.m. Iris		NEW Cycle & Core Fitness Studio 12:45 - 1:45 p.m. Matthew	NEW TRX Strength Fitness Studio 12:45 - 1:45 p.m. Matthew
Barre Multipurpose C 5:15 - 6:15 p.m. Agatha					NEW TRX Strength Fitness Studio 2 - 3 p.m. Matthew	NEW TRX Yoga Fusion Fitness Studio 2 - 3 p.m. Matthew
Yoga * Fitness Studio 6 - 7 p.m. Kathy		Prenatal Yoga * Multipurpose C 6 - 7 p.m. Valarie			<div>Schedule Subject to Change.</div> <div></div> <div>Visit calgary.ca/killarneypool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</div> <div>*Must bring your own yoga mat.</div>	
Essentrics * - Dynamic Strength & Stretch Multipurpose C 6:30 - 7:30 p.m. Zsuzsa		Postnatal Yoga * Multipurpose C 7:15 - 8:15 p.m. Valarie	Pilates * Multipurpose C 4:50 - 5:50 p.m. Cristina	Taekwondo - Kids (6 - 9 yrs) Fitness Studio 4:30 - 5:15 p.m. Carlos		
NEW Mindfulness Practices Multipurpose B 6:30 - 7:30 p.m. Tina	Tai Chi (Gentle 3) Multipurpose B 6 - 7 p.m. Yan	Karate Introductory - All Ages (7 years - Adult) Fitness Studio 6 - 7 p.m. Tannys	Yoga For a Healthy Back * Multipurpose C 6 - 7 p.m. Cristina	Taekwondo - Kids (10 - 12 yrs) Fitness Studio 5:25 - 6:25 p.m. Carlos		
Yoga - Restorative (Gentle 2) * Fitness Studio 7:15 - 8:15 p.m. Kathy	Qigong (Gentle 3) Multipurpose B 7:10 - 8:10 p.m. Yan	Karate Continuing - All Ages (7 years - Adult) Fitness Studio 7:10 - 8:10 p.m. Tannys	Barre Multipurpose C 7:15 - 8:15 p.m. Erika	Taekwondo Continuing - All Ages (10 years - Adult) Fitness Studio 6:35 - 7:35 p.m. Carlos		