




Sir Winston Churchill Aquatic Centre

1520 Northmount Dr NW.

January 2 - April 2, 2024

Drop-In Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim 6 - 8 a.m.	Reserved for Booking 6 - 7:30 a.m.	Lane Swim 6 - 9 a.m.	Reserved for Booking 6 - 7:30 a.m.	Lane Swim 6 - 8 a.m.	Facility Opens @ 7:30 a.m.		
Self - Led Dive Tank 6 - 7 a.m.	Self - Led Dive Tank 6 - 7 a.m.		Self - Led Dive Tank 6 - 7 a.m.	Self - Led Dive Tank 6 - 9 a.m.			
Deep Water Workout 7 - 8 a.m.	Deep Water Workout 7 - 8 a.m.	Self - Led Dive Tank 6 - 8 a.m.	Deep Water Workout 7 - 8 a.m.	Self - Led Dive Tank 6 - 9 a.m.			
Aqua Fitness 8 - 8:55 a.m.	Lane Swim / Lane Walking 7:30 - 9 a.m.	Deep Water Workout 8 - 8:55 a.m.	Lane Swim / Lane Walking 7:30 - 9 a.m.	Aqua Fitness 8 - 8:55 a.m.	Lane Swim 7:30 - 9 a.m.	Lane Swim 7:30 - 8:30 a.m.	
Self - Led Dive Tank 8 - 9 a.m.	Self - Led Dive Tank 8 - 9 a.m.		Self - Led Dive Tank 8 - 9 a.m.		Self - Led Dive Tank 7:30 - 9:30 a.m.		
Reserved for School Lessons 9 a.m. - 12 p.m.					Swimming Lessons 9 a.m. - 12 p.m.	Aqua Fitness 8:30 - 9:30 a.m.	
Lane Swim/Lane Walking Shared 12 - 1 p.m.	Aqua Fitness 12 - 1 p.m.	Lane Swim/Lane Walking Shared 12 - 1 p.m.	Aqua Fitness 12 - 1 p.m.	Lane Swim/Lane Walking Shared 12 - 1 p.m.		Lane Swim Shared 9:30 - 12 p.m.	
Tethered Deep Water (Registered) 12 - 1 p.m.	Self - Led Dive Tank 12 - 1 p.m.	Tethered Deep Water (Registered) 12 - 1 p.m.	Self - Led Dive Tank 12 - 1 p.m.	Tethered Deep Water (Registered) 12 - 1 p.m.	Public Swim 12 - 2:30 p.m.	Deep Water Workout 9:30 - 10:30 a.m.	
Reserved for School Lessons 1 - 3 p.m.						Self - Led Dive Tank 10:30 a.m. - 11 p.m.	
Public Swim/ Lane Swim Shared 3 - 4 p.m.	Public Swim/ Lane Swim Shared 3 - 4 p.m.	Public Swim/ Lane Swim Shared 3 - 4 p.m.	Public Swim/ Lane Swim Shared 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Adult / Youth Lane Swim 2:30 - 3:30 p.m.	Adult / Youth Lane Swim 2:30 - 3:30 p.m.	
	NEW Deep Water Workout 3 - 4 p.m.			Deep Water Workout 4 - 5 p.m.			
Main Pool Reserved Booking 4 - 6 p.m.	Main Pool & Dive Tank Reserved for Booking 4 - 6 p.m.	Main Pool & Dive Tank Reserved for Booking 4 - 6 p.m.	Main Pool & Dive Tank Reserved for Booking 4 - 6 p.m.	Main Pool Reserved Booking 4 - 6 p.m.	Self - Led Dive Tank	Self - Led Dive Tank	
Self - Led Dive Tank 4 - 5 p.m.				Self - Led Dive Tank 4 - 6 p.m.			
Deep Water Workout 5 - 6 p.m.	Swimming Lessons 6 - 8 p.m.	Junior Lifesaving Club/ Swimming Lessons 6 - 8:30 p.m.	Swimming Lessons 6 - 8 p.m.	Junior Lifesaving Club 6 - 7:30 p.m.	<div>Schedule Subject to Change.</div> <div></div> <div>Please visit calgary.ca/ChurchillPool for the latest schedules, admission rates and class descriptions</div>		
Swimming Lessons 6 - 8 p.m.				Public Swim 7:30 - 8:30 p.m.			
Adult/Youth Lane Swim 8 - 10 p.m.	Adult/Youth Lane Swim 8 - 10 p.m.	Adult/Youth Lane Swim 8:30 - 10 p.m.	Adult/Youth Lane Swim 8 - 10 p.m.	Adult/Youth Lane Swim 8:30 - 9:30 p.m.			
Self - Led Dive Tank 8 - 10 p.m.	Self - Led Dive Tank 8 - 10 p.m.	Self - Led Dive Tank 7:30 - 10 p.m.	Self - Led Dive Tank 8 - 10 p.m.	Self - Led Dive Tank 8:30 - 9:30 p.m.			



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Dry Land Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cardio Strength Intervals 8:30 - 9:30 a.m. Carolyn		Momentum 8:05 - 8:55 a.m. Rahmi			
Total Body Workout 9 - 10 a.m. Julie		Mind Body Flow * 9 - 10 a.m. Bonita	Zumba Gold ® (Gentle 3) 9:05 - 10:05 a.m. Rahmi	Cardio Strength Intervals 9 - 10 a.m. Julie		Step Pump 9 - 10 a.m. Carolyn
50+ Fitness (Gentle 3) 10:05 - 11 a.m. Bonita	50+ Fitness (Gentle 3) (Registered) 10:45 - 11:45 a.m. Judi	50+ Fitness (Gentle 3) 10:05 - 11 a.m. Bonita	Mind Body Flow * 10:15 - 11:15 a.m. Rahmi	50+ Fitness (Gentle 3) 10:20 - 11:15 a.m. Marianne		
	Balance & Strength (Gentle 2) 12 - 12:55 p.m. Naz	ACE (Registered) 11:30 a.m. - 12:30 p.m. Wendy A	Balance & Strength (Gentle 2) MPA Naz 10:40 - 11:35 a.m.	ACE (Registered) 11:30 a.m. - 12:30 p.m. Marianne	Zumba ® 1 - 2 pm Hiroe	
Mind Body Flow* 1:10- 2:00 p.m. Carolyn	Stretch & Restore * 1- 1:55 p.m. Naz	ACE (Registered) 12:45 p.m. - 1:45 p.m. Wendy A	Total Body Workout 11:40 a.m. - 12:40 p.m. Naz	ACE (Registered) 12:45 p.m. - 1:45 p.m. Marianne	Weight Room Orientation (Registered) 1 - 2 p.m. Sukhwinder	
Bone Builders for Beginners (Gentle 3) (Registered) 2:15 - 3:15 p.m. Judi	Zumba Gold ® (Gentle 3) 2:45 - 3:35 p.m. Rahmi	Bone Builders (Gentle 3) (Registered) 2:15 - 3:15 p.m. Judi	Stretch & Restore 12:45 - 1:45 pm Naz	Dance Yourself Fit 2 - 3 p.m. Cori Ann	<p>Schedule Subject to Change.</p>  <p>Please visit calgary.ca/ChurchillPool for the latest schedules, admission rates and class descriptions.</p> <p>* Must bring your own mat</p>	
	Mind Body Flow * 3:40 - 4:30 p.m. Rahmi	Balance & Strength (Gentle 2) MPA 1:10 - 2:10 p.m. Carolyn				
	Sweat & Restore* 4:45 - 5:45 p.m. Judi					
Core Conditioning 6 - 7 p.m. Julie			Barre 5 - 6 p.m. (Registered) Marie			
Pilates for Beginners * 7:30 - 8:30 p.m. (Registered) Wendy A.		Total Body Workout 6 - 7 p.m. Julie	Pure Strength 6:15 - 7:15 p.m. (Registered) Marie			