




# Thornhill Aquatic & Recreation Centre

6715 Centre Street N.W.

Jan 2 - March 31, 2024

## Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim/ Walk 6 - 8 a.m.	Lane Swim/ Walk 6 - 9 a.m.	Lane Swim/ Walk 6 - 8 a.m.	Lane Swim/ Walk 6 - 9 a.m.	Lane Swim/ Walk 6 - 8 a.m.	Reserved for Swim Club 7:30 - 9 a.m.	Lane Swim/ Walk 7:30 - 8 a.m.
Aqua Fitness 8 - 9 a.m. Bonita		Aqua Fitness 8 - 9 a.m. Julie H		Aqua Fitness 8 - 9 a.m. Navin	Aqua Fitness 9:05 - 10 a.m. Lorraine / Jane	Tethered Deep Water Workout (Registered) 8 - 9 a.m. Robyn
Reserved for School Lessons 9 a.m. - 12 p.m. Additional swim times may be available. Please check <a href="http://calgary.ca/ThornhillPool">calgary.ca/ThornhillPool</a>					Swimming Lessons 10 a.m. - 1 p.m.	Aqua Fitness 8 - 8:55 a.m. Julie L / Lynn
Lane Swim/ Walk 12 - 1 p.m.	Aqua Fitness 12 - 1 p.m. Bonita	Lane Swim/ Walk 12 - 1 p.m.	Aqua Fitness 12 - 1 p.m. Bonita	Lane Swim/ Walk 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m. Lorraine / Mary Lou	Swimming Lessons 9 a.m. - 1 p.m.
	Deep Water Workout 12 - 1 p.m. Jody		Deep Water Workout 12 - 1 p.m. Mary Lou		Family Swim/ Shared 12 - 1 p.m.	Family Swim/ Shared 12 - 1 p.m.
Reserved for School Lessons 1 - 3 p.m. Additional swim times may be available. Please check <a href="http://calgary.ca/ThornhillPool">calgary.ca/ThornhillPool</a>					Public Swim 1 - 2:30 p.m.	Public Swim 1 - 2:30 p.m.
Deep Water Workout 3 - 4 p.m. Jody	Public Swim 3 - 4:30 p.m.	Deep Water Workout 3 - 4 p.m. Dawn	Public Swim 3 - 4:30 p.m.	Public Swim 3 - 4 p.m.	Adult Only Lane Swim 2:30 - 3:30 p.m.	Adult Only Lane Swim 2:30 - 3:30 p.m.
Public Swim 3 - 4 p.m.		Public Swim 3 - 4 p.m.				Hot Tub Closed 1 - 3:30 p.m.
Reserved for Swim Club 4 - 6 p.m.					Schedule Subject to Change.    Visit <a href="http://calgary.ca/ThornhillPool">calgary.ca/ThornhillPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.	
Deep Water Workout 4:50 - 5:50 p.m. Jody		Deep Water Workout 4:50 - 5:50 p.m. Carolyn				
Swimming Lessons 6 - 8 p.m.	Swimming Lessons 6 - 9 p.m.	Swimming Lessons 6 - 8 p.m.	Swimming Lessons 6 - 9 p.m.	JLC Program (Registered) 6 - 7:30 p.m.		
Adult Only Lane swim 8 - 10 p.m.	Tethered Deep Water Workout (Registered) 7:45 - 8:45 p.m. Mary Lou	Adult Only Lane Swim 8 - 10 p.m.	Tethered Deep Water Workout (Registered) 7:45 - 8:45 p.m. Navin	Public Swim 7:30 - 8:30 p.m.		
	Adult Only Lane Swim 9 - 10 p.m.		Adult Only Lane Swim 9 - 10 p.m.	Adult Only Lane Swim 8:30 - 9:30 p.m.		




# Thornhill Aquatic & Recreation Centre

6715 Centre Street N.W.

Jan 2 - March 31, 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Workout</b> 9:15 - 10:15 a.m. Wendy	<b>Cardio Pump</b> 9:15 - 10:15 a.m. Karen	<b>Total Body Workout</b> 9:15 - 10:15 a.m. Julie H	<b>Cardio Pump</b> 9:15 - 10:15 a.m. Carolyn	<b>Total Body Workout</b> 9:15 - 10:15 a.m. Brandi	<b>Karate Continuing - Youth &amp; Adult</b> (Registered) 8 - 9 a.m. Heather	<b>Step Pump</b> 9 - 10 a.m. Kordi
<b>Balance &amp; Strength (Gentle 2)</b> 10:40 - 11:30 a.m. Wendy	<b>Pilates *</b> 10:30 - 11:30 a.m. (Registered) Wendy		<b>Yoga for Healthy Backs *</b> 9:30 - 10:30 a.m. (Registered) Agatha	<b>Balance &amp; Strength (Gentle 2)</b> 10:40 - 11:30 a.m. Bonita	<b>Total Body Workout</b> 9:15 - 10:15 a.m. Kordi / Marie	<b>Mind Body Flow *</b> 10:30 - 11:30 a.m. Dawn
	<b>50+ Fitness (Gentle 3)</b> 11 - 11:50 a.m. Bonita		<b>50+ Fitness (Gentle 3)</b> 11 - 11:50 a.m. Bonita		<b>Mind Body Flow *</b> 10:30 - 11:30 a.m. Lorraine Every 2nd week	
<b>Cardio &amp; Strength Intervals</b> 12 - 12:55 p.m. Wendy					<b>50+ Fitness (Gentle 3)</b> 12 - 1 p.m. Khusbu	<b>Zumba</b> 1 - 2 p.m. Rahmi
<b>50+ Fitness (Gentle 3)</b> 1:10 - 2 p.m. Pat		<b>Balance &amp; Strength (Gentle 2)</b> 1:10 - 2 p.m. Elise	<b>Zumba Gold ® (Gentle 3)</b> 2 - 3 p.m. Rahmi			<b>Self Defence Workshop</b> (registered) 12:30 - 3:30 p.m. <b>Feb 11</b> Heather
	<b>Private Booking</b> 4:30 - 4:50 p.m.		<b>Private Booking</b> 4:30 - 4:50 p.m.		<b>Schedule Subject to Change.</b>    Visit <a href="https://calgary.ca/ThornhillPool">calgary.ca/ThornhillPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for Instructor-led classes.  <b>* Must bring your own yoga mat</b>	
<b>Step</b> 5 - 6 p.m. Sari / Kordi	<b>Pure Strength</b> (Registered) 5 - 6 p.m. Wendy / Marie	<b>Cardio &amp; Strength Intervals</b> 5 - 6 p.m. Sari	<b>Mind Body Flow *</b> 5 - 6 p.m. Dawn	<b>NEW! Total Body Workout</b> 4:30 - 5:30 p.m. Sari (Starts March 1)		
<b>Karate - Kids</b> (Registered) 5 - 6 p.m. Heather	<b>NEW! Cardio Kickboxing</b> 6:15 - 7:15 p.m. Marie (Starts Feb 20)	<b>Tai Chi</b> (Registered) 6:15 - 7:15 p.m. Yan	<b>Step Pump</b> 6:15 - 7:15 p.m. Sari	<b>Kickboxing - Youth &amp; Adult</b> (Registered) 6 - 7 p.m. Chuck		
<b>Karate - Kids</b> (Registered) 6:15 - 7:15 p.m. Heather	<b>Barre</b> 7:30 - 8:30 p.m. (Registered) Sari / Marie		<b>Pilates *</b> (Registered) 7:30 - 8:30 p.m. Wendy			
	<b>Yoga *</b> (Registered) 7:30 - 9 p.m. Claudia					