Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 12:30 - 2 p.m.	**Lane Swim** 12:30 - 1:55 p.m.	**Lane Swim** 12:30 - 3 p.m.	**Aqua Fitness*** 12:40 - 1:30 p.m. Leona			
Public Swim Shared 2 - 2:55 p.m.	**Deep Water Workout*** 2 - 2:50 p.m. Mary Lou		**Deep Water Workout*** 1:40 - 2:30 p.m. Leona			
Deep Water Workout* 3 - 3:50 p.m. Leona	**Aqua Fitness*** 3 - 3:50 p.m. Mary Lou	**Public Swim Shared** 3 - 4 p.m.	**Lane Swim** 2:35 - 4 p.m.			
Lane Swim 7:30 - 8:30 p.m.		**Deep Water Workout*** 7:35 - 8:30 p.m. Amanda				

Schedule Subject to Change

Visit **calgary.ca/AcadiaPool** for the latest facility schedules, hours of operation, admission rates and to sign up for instructor–led classes.

*Self-led option available in opposite end of pool during Deep Water Workout or Aqua Fitness.

2025 Pool admission rates							
	Preschool (0-5Y)	**Child (6-12Y)**	**Youth (13-17Y)**	**Adult (18 - 64Y)**	**Senior (65Y+)**	**Family**	**Single Parent Family**
Drop In	Free	4.05	4.50	8.95	6.00	18.20	11.95
10x Pass	Free	38.00	42.30	84.10	56.30	171.10	112.30
1 Month	Free	22.35	34.30	58.05	38.65		
12 Month	Free	268.20	411.60	696.6	463.80		

Dry Land Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Workout 12:35 - 1:30 p.m. Leona	**Get Going (Gentle 2)** 12:35 - 1:30 p.m. Leona	**50+ Fitness (Gentle 3)** 12:35 - 1:30 p.m. Gail	**Core Conditioning** 12:35 - 1:30 p.m. Gail			
Balance and Strength (Gentle 2) 1:35 - 2:30 p.m. Leona	**Strong and Steady (Gentle 1)** 1:35 - 2:30 p.m. Leona	**Completely Cardio** 1:35 - 2:20 p.m. Gail	**Total Body Workout** 1:45 - 2:40 p.m. Gail *Multipurpose Room			
		Coffee & Tea Social 1:30 - 3:30 p.m. April 30 May 28 June 25 *Multipurpose Room				

Schedule Subject to Change

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* Must bring your own yoga mat