



# Acadia Aquatic & Fitness Centre

9009 Fairmount Drive SE  
January 2 - March 30, 2024


## Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 12 - 2 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	<p><b>Schedule Subject to Change</b></p>  <p>Visit <a href="https://calgary.ca/AcadiaPool">calgary.ca/AcadiaPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p>		
	Deep Water Workout 1:05 - 2 p.m. Mary Lou	Deep Water Workout 1:05 - 2 p.m. Cindy	Deep Water Workout 1:05 - 2 p.m. Leona			
Deep Water Workout 2:10 - 3 p.m. Leona	Aqua Fitness 2:05 - 3 p.m. Mary Lou	Aqua Fitness 2:05 - 3 p.m. Cindy	Aqua Fitness 2:05 - 3 p.m. Leona			
Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.			
Reserved for Swim Clubs 4 - 7 p.m.	Lane Swim 4 - 5 p.m.	Reserved for Swim Clubs 4 - 7 p.m.	Lane Swim 4 - 5 p.m.			
	Registered Swim Lessons 5 - 8 p.m.		Registered swim Lessons 5 - 8 p.m.			
Lane Swim 7:05 - 8 p.m..		Deep Water Workout 7:05 - 8 p.m. Caitlin				

## 2024 Pool admission rates

	Preschool (0-5Y)	Child (6-12Y)	Youth (13-17Y)	Adult (18 - 64Y)	Senior (65Y+)	Family	Single Parent Family
Drop In	Free	3.95	4.40	8.70	5.65	17.75	11.65
10x Pass	Free	37.15	41.35	81.80	53.05	166.85	109.50
1 Month	Free	21.80	28.25	56.60	36.40		
12 Month	Free	261.60	339.00	679.20	436.80		

## Dry Land Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Workout</b> 12:05 - 1 p.m. Leona	<b>Get Going (Gentle 2)</b> 12:05 - 1 p.m. Leona	<b>50+ Fitness (Gentle 3)</b> 12:05 - 1 p.m. Leona	<b>New Parent and Baby Strong</b> (Registered) Helen 11:45 a.m. - 12:35 p.m.	 <p>Visit <a href="https://calgary.ca/AcadiaPool">calgary.ca/AcadiaPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> <p><b>* Must bring your own mat to all yoga classes*</b></p>		
<b>Balance and Strength (Gentle 2)</b> 1:05 - 2 p.m. Leona	<b>Strong and Steady (Gentle 1)</b> 1:05 - 2 p.m. Leona	<b>Sit Fit (Gentle1)</b> 1:05 - 2 p.m. Leona	<b>Core Conditioning</b> 1 - 2 p.m. Gail			
			<b>New! Cardio and Strength Intervals</b> 2:05 - 3 p.m. Gail			
	<b>Dance Yourself Fit</b> 3:30 - 4:25 pm Cori Ann					
<b>New! Yoga for Functional Mobility</b> 5:30 - 630 p.m. (Registered) Helen	<b>*Mind Body Flow</b> 4:35 - 5:35pm Cori Ann	<b>Total Body Workout</b> 5:30 - 6:30 p.m. Leona				
<b>New! Pilates for Beginners</b> (Registered) 6:35 - 7:35 p.m. Helen	<b>New! Karate for Kid (6-8 yrs)</b> (Registered) 5:45 - 6:45 p.m. Stephen	<b>Taekwondo - Intro All Ages</b> (Registered) 5:30 - 6:30 p.m. Carlos				
	<b>New! Karate Introduction for all Ages</b> (Registered) 6:55 - 7:55 p.m. Stephen	<b>Taekwondo—Continuing For everyone</b> (Registered) 6:40 - 7:40 p.m. Carlos				