



Acadia Aquatic & Fitness Centre

9009 Fairmount Drive SE

April 3– June 30 /23

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	<p>Schedule Subject to Change Please visit calgary.ca/acadiapool for the latest schedules, admission rates and class descriptions.</p>		
Deep Water Workout 1:05 - 2:00pm Linda	Deep Water Workout 1:05 - 2:00pm Caitlin	Deep Water Workout 1:05 - 2:00pm Cindy	Deep Water Workout 1:05 - 2:00pm Leona			
Aqua Fitness 2:05 - 3 p.m. Linda	Aqua Fitness 2:05 - 3 p.m. Caitlin	Aqua Fitness 2:05 - 3 p.m. Cindy	Aqua Fitness 2:05 - 3 p.m. Leona			
Public/Lane Swim 3 - 5:30 p.m.	Public/Lane Swim 3 - 5 p.m.	Public/Lane Swim 3 - 5:30 p.m.	Public/Lane Swim 3 - 5 p.m.			
Reserved for Swim Club Starting May 1/23 5:30 - 7 p.m.	<p>Starting April 18/23 Swimming Lessons 5 - 8 p.m.</p>	Reserved for Swim Club Starting May 1/23. 5:30 - 7 p.m.	<p>Starting April 18/23 Swimming Lessons 5 - 8 p.m.</p>	<p>To sign up for instructor-led classes visit calgary.ca/dropin</p>		
Lane Swim Starting April 10/23 7 - 8 p.m.		<p>New Self Led - Conditioning Swim 7 - 8 p.m.</p>	<p>Deep Water Workout 7 - 8 p.m. Caitlin</p>			

2023 Pool admission rates

	Preschool (0-5Y)	Child (6-12Y)	Youth (13-17Y)	Adult (18 - 64Y)	Senior (65Y+)	Family	Single Parent Family
Drop In	Free	3.85	4.30	8.50	5,30	17.30	11.35
10x Pass	Free	36.20	40.40	79.90	49.95	162.60	106.70
1 Month	Free	21.25	27.55	55.15	34.25		
12 Month	Free	255.00	330.60	661.80	411.00		

Dry Land Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Workout 12:05 - 1 p.m. Leona	Get Going (Gentle 2) 12:05 - 1 p.m. Leona	50+ Fitness (Gentle 3) 12:05 - 1 p.m. Leona	New Parent and Baby Yoga (Registered) Helen 11:45 a.m. - 12:35 p.m.	<p>Schedule Subject to Change Please visit calgary.ca/acadiapool for the latest schedules, admission rates and class descriptions.</p> <p>To sign up for instructor lead classes visit calgary.ca/dropin</p> <p>* Must bring your own mat to all yoga classes*</p>		
Balance and Strength (Gentle 2) 1:05 - 2 p.m. Leona	Strong and Steady (Gentle 1) 1:05 - 2 p.m. Leona	Sit Fit (Gentle1) 1:05 - 2 p.m. Leona	Core Conditioning 1 - 2 p.m. Gail			
	New Yoga—Youth and Adult (Ages 13+) (Registered) 5:15 - 6:15 p.m. Helen C	Bootcamp 6 - 7 p.m. Leona	Completely Cardio 6 - 7 p.m. Leona			
		New Taekwondo - For Kids (ages 6 - 9 yrs) (Registered) 5:30—6:30 p.m. Carlos				
		New Taekwondo—For Everyone (ages 6+) (Registered) 6:40 - 7:40 p.m. Carlos				