



Bob Bahan Aquatic & Fitness Centre

4812 14 Avenue S.E.
April 1 - June 30, 2022

Drop-In Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim/ Walk 6 a.m. - 2 p.m.		Lane Swim/ Walk 6 - 8 a.m.		Lane Swim/ Walk 6 - 8 a.m.	Lane Swim / Shared 7:30 - 8:30 a.m.		
		Deep Water Workout 7 - 7:55 a.m. Jodi			Aquacize 7:35 - 8:30 a.m. Cori Ann		
		Aquacize / Shared 8:05 - 9 a.m. Jodi		Lane Swim/ Walk 9 a.m. - 2 p.m.	Aquacize / Shared 8:05 - 9 a.m. Kandi		Dive Tank Only 7:30 - 9:30 a.m.
		Lane Swim/ Walk 12 - 1 p.m.			Lane Swim / Walk 12 - 1 p.m.		Lane Swim/ Walk 9 a.m. - 12 p.m.
	Deep Water Workout 12:05 - 1 p.m. Gillian	Deep Water Workout 12:05 - 1 p.m. Cori Ann	Deep Water Workout 12:05 - 1 p.m. Maria	Family Swim 12 - 1 p.m.	Public Swim 12 - 2 p.m.		
	Lane Swim/ Walk 1 - 3 p.m.	Lane Swim/ Walk 12 - 2 p.m.	Lane Swim/ Walk 1 - 3 p.m.	Public Swim 1 - 2 p.m.	Lane Swim/Walk 2 - 3:30 p.m.		
	Public Swim 2 - 5:30 p.m.		Family Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.			
	Public Swim 4 - 5 p.m.	Public Swim 2 - 5:30 p.m.	Swimming Lessons 4 - 5:30 p.m.	<p>Subject to change. Visit calgary.ca/bobahanpool for the latest facility schedules, hours of operation and rates.</p> <p>Basketball court is open during facility hours, weather permitting.</p> <p>To sign up for instructor led classes visit calgary.ca/liveandplay</p>			
Adult Lane Swim 5:30 - 6:30 p.m.	Swimming Lessons 5 - 8 p.m.	Adult Lane Swim 5:30 - 6:30 p.m.	Adult Lane Swim 5:30 - 6:30 p.m.				
Dive Tank, Hot Tub & Steam Room Only 6:30 - 8 p.m.	Hot Tub & Steam Room Only 5 - 8 p.m.	Hot Tub & Steam Room Only 6:30 - 8 p.m.	Dive Tank Only 6:30 - 8 p.m.				
			Hot Tub Closed 6:30 - 8 p.m.				

Dry Land Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Living Healthy - Get Going (Gentle 2) 10:50 - 11:50 a.m. Cori Ann				
New Strength & Restore 12:05 - 1 p.m. Diana (Starting May 2)						
New Living Healthy - Get Going (Gentle 2) 1:10 - 2 p.m. Diana (Starting May 2)						
New Total Body Workout 2:05 - 3 p.m. Diana (Starting May 2)						
					<p>Subject to change. Visit calgary.ca/bobahanpool for the latest facility schedules, hours of operation and rates.</p> <p>Basketball court is open during facility hours, weather permitting.</p> <p>* Must bring your own mat to all Yoga, Pilates & Mind Body Flow classes*</p> <p>To sign up for instructor led classes visit calgary.ca/liveandplay</p>	
	Karate - Child (Registered) 5:30 - 6:15 p.m. Daylen	Karate - Child (Registered) 5:30 - 6:15 p.m. Daylen				
	Karate for Everyone - Continuing (Registered) 6:25 - 7:25 p.m. Daylen	Karate for Everyone - Introductory (Registered) 6:25 - 7:25 p.m. Daylen				