



Bob Bahan Aquatic & Fitness Centre

4812 – 14 Avenue S.E.

April 1 - May 1, 2023

Drop-In Swimming & Aquatic Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim / Walk Shared 6 - 7:55 a.m.		Lane Swim / Walk Shared 6 - 7:55 a.m.		Lane Swim / Walk Shared 6 - 7:55 a.m.	Lane Swim Shared 7:30 - 8:30 a.m.	
Deep Water Workout 7 - 7:55 a.m.		Deep Water Workout 7 - 7:55 a.m.		Deep Water Workout 7 - 7:55 a.m.	Aqua Fitness 7:35 - 8:30 a.m.	
Aqua Fitness 8 - 8:55 a.m.		Aqua Fitness 8 - 8:55 a.m.		Aqua Fitness 8 - 8:55 a.m.	Dive Tank Only 8:30 - 10 a.m.	
Lane Swim / Walk Shared 9 - 2 p.m.		Lane Swim / Walk Shared 9 a.m. - 2 p.m.		Lane Swim / Public Swim Shared 9 a.m. - 2 p.m.	Swimming Lessons 10 a.m. - 12 p.m.	
	Lane Swim / Walk Shared 12 - 2 p.m.		Lane Swim / Walk Shared 12 - 1 p.m.	Public Swim 12 - 2 p.m.		
	Deep Water Workout 12:05 - 1 p.m.	Deep Water Workout 12:05 - 1 p.m.	Deep Water Workout 12:05 - 1 p.m.	Deep Water Workout 12:05 - 1 p.m.		
	Lane Swim / Public Swim Shared 2 - 5 p.m.	Public Swim 2 - 4:30 p.m.	50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m.	Adult Lane Swim / Walk 2 - 3:30 p.m.		
Public Swim 2 - 4:30 p.m.	Swimming Lessons 5 - 8 p.m.	Swimming Lessons 4:30 - 6:30 p.m.	Lane Swim / Public Swim Shared 2 - 4 p.m.	<p>Subject to change. Visit calgary.ca/bobbahanpool 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 yoga mat to any registered Yoga class</p> <p>To sign up for instructor-led classes, visit calgary.ca/dropin</p>		
Swimming Lessons 4:30 - 6:30 p.m.		Swimming Lessons 4 - 5:30 p.m.	Swimming Lessons 4 - 5:30 p.m.			
Deep Water Workout 7 - 7:55 p.m.	Hot Tub & Steam Room Only 5 - 8 p.m.	Hot Tub & Steam Room Only 6:30 - 8 p.m.	Lane Swim 5:30 - 6:30 p.m.			
Hot Tub & Steam Room Only 6:30 - 8 p.m.		Hot Tub & Steam Room Only 6:30 - 8 p.m.	Deep Water Workout 7 - 7:55 p.m.			
		Hot Tub Closed 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
					Taekwondo Kids (6– 9 years) (Registered) 9:05 - 9:50 a.m. Carlos	
					Taekwondo Introductory - For Everyone (Registered) 10 - 11 a.m. Carlos	
Total Body Workout 1:05 - 1: 55 p.m. Diana					Taekwondo Introductory - For Everyone (Registered) 11:10 a.m. - 12:10 p.m. Carlos	
Strength & Restore 2:05 - 3 p.m. Diana						
Living Healthy - Get Going (Gentle 2) 3:10 - 4 p.m. Diana						
					<p style="text-align: center;">Subject to change. Visit calgary.ca/bobbahanpool for the latest facility schedules, hours of operation, and rates.</p> <p style="text-align: center;">Basketball court is open during facility hours, weather permitting.</p> <p style="text-align: center;">* Must bring your own yoga mat</p> <p style="text-align: center;">To sign up for instructor-led classes, visit calgary.ca/dropin</p>	
	Karate - Child (Registered) 5:30 - 6:15 p.m. Daylen	Karate - Child (Registered) 5:30 - 6:15 p.m. Daylen	Restorative Yoga (Gentle 2) (Registered) 5:15 - 6:15 p.m. Val			
	Karate for Everyone - Continuing (Registered) 6:25 - 7:25 p.m. Daylen	Karate for Everyone - Introductory (Registered) 6:25 - 7:25 p.m. Daylen				