



Canyon Meadows Aquatic & Fitness Centre

89 Canova Road S.W.

September 6—December 23, 2022

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dive Tank Open 6 - 7 a.m.	Conditioning Swim 6:05 - 7:05 a.m.	Dive Tank Open 6 - 7 a.m.	Conditioning Swim 6:05 - 7:05 a.m.	Dive Tank Open 6 - 7 a.m.		
Lane Swim 6 - 8 a.m.	Dive Tank Open 6 - 8 a.m.	Lane Swim 6 - 8 a.m.	Dive Tank Open 6 - 7 a.m.	Lane Swim 6 - 8 a.m.		
Dive Tank Open 8 - 9 a.m.	Lane Swim Shared 6 - 9 a.m.	Dive Tank Open 8 - 9 a.m.	Lane Swim Shared 6 - 9 a.m.	Dive Tank Open 8 - 9 a.m.	Lane Swim 7:30 - 8:30 a.m.	Dive Tank Open 7:30 - 9:30 a.m.
Deep Water Workout 7 - 8 a.m.	Deep Water Workout 7 - 7:55 a.m.	Deep Water Workout 7 - 8 a.m.	Deep Water Workout 7 - 7:55 a.m.	Deep Water Workout 7 - 8 a.m.	Reserved for Swim Club 8:30 - 10 a.m.	Lane Swim 7:30 - 9:30 a.m.
Aqua Fitness 8:05 - 9 a.m.	Deep Water Workout 8 - 8:55 a.m.	Aqua Fitness 8:05 - 9 a.m.	Deep Water Workout 8 - 8:55 a.m.	Aqua Fitness 8:05 - 9 a.m.		Family Swim 9:30 - 11:30 a.m.
* School Board Lessons 9 a.m. - 12 p.m. * * Check the website for the most current schedule week to week *					Swim Lessons 10 a.m. - 12:30 p.m.	Dive Tank Open 11:30 a.m. - 12:30 p.m.
Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.		
Deep Water Workout 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m.	Dive Tank Open 12 - 4 p.m.	Deep Water Workout 12 - 1 p.m.	Dive Tank Open 12:30 - 2 p.m.	Lane Swim 11:30 - 12:30 p.m.
Lane Walking 1 - 2 p.m.	Dive Tank Open 1 - 4 p.m.	Lane Walking 1 - 2 p.m.		Lane Walking 1 - 2 p.m.		
Dive Tank Open 1 - 2 p.m.	Lane Swim 1 - 4 p.m.	Dive Tank Open 1 - 2 p.m.	Lane Swim 1 - 4 p.m.	Dive Tank Open 1 - 2 p.m.	Lane Swim 12:30 - 2 p.m.	Public Swim *** 1:30 - 3:30 p.m.
Public Swim 2 - 4 p.m.		Public Swim 2 - 4 p.m.		Pool Area Closed for cleaning 2 - 4 p.m.	Public Swim 2 - 3:30 p.m.	
Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	<p>* Dive Tank Open - means self-led exercise and swimming. The Diving Board and Slide are NOT OPEN at these times.</p> <p>*** the Hot Tub Closes at 2 p.m. on Sundays.</p> <p>** The schedule is subject to change without notice.</p> <p>Visit calgary.ca/canyonmeadowspool for the latest facility schedules, hours of operation and rates.</p> <p>To sign up for instructor led classes visit</p>	
Swim Lessons 6 - 9 p.m.	Deep Water Workout 6 - 7 p.m.	Swim Lessons 6 - 8 p.m.	Deep Water Workout 6 - 7 p.m.	Junior Lifeguard Club 6 - 7:30 p.m.		
	Reserved for Swim Club 6 - 8 p.m.		Reserved for Swim Club 6 - 8 p.m.			
	Dive Tank Open 8:30 - 9 p.m.	Dive Tank Open 8 - 9 p.m.	Dive Tank Open 8 - 9 p.m.	Dive Tank Open 7:30 - 9 p.m.		
Lane Swim 8 - 9 p.m.	Lane Swim 8 - 9 p.m.	Lane Swim 8 - 9 p.m.	Lane Swim 8 - 9 p.m.	Lane Swim 7:30 - 9 p.m.		



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Drop in Aquatic & Dryland Fitness Classes

(No Classes on Statutory Holidays)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
	Conditioning Swim 6:05 - 7:05 a.m.		Conditioning Swim 6:05 - 7:05 a.m.					
Deep Water Workout 7 - 8 a.m.	Deep Water Workout 7 - 7:55 a.m.	Deep Water Workout 7 - 8 a.m.	Deep Water Workout 7 - 7:55 a.m.	Deep Water Workout 7 - 7:55 a.m.				
Aqua Fitness 8:05 - 9 a.m.	Deep Water Workout 8 - 8:55 a.m.	Aqua Fitness 8:05 - 9 a.m.	Deep Water Workout 8 - 8:55 a.m.	Aqua Fitness 8:05 - 9 a.m.	<i>It's not the load that breaks you down, it's the way you carry it.</i> -Lena Horne			
Total Body Workout 9:15 - 10:15 a.m. FR	Cardio Pump 9 - 10 a.m. FR	Total Body Workout 9:15 - 10:15 a.m. FR		New Cycle Pump 9 - 10 a.m. FR				
New Yoga 10:30 - 11:30 a.m. MPR	New Balance & Strength (Gentle 2) 10:30 - 11:30				HOURS OF OPERATION/ WEIGHTROOM HOURS: Monday-Friday: 6 a.m. – 9 p.m. Saturday: 7:30 a.m. – 3:30 p.m. Sunday: 7:30 a.m. – 3:30 p.m. To sign up for instructor led classes visit calgary.ca/liveandplay Please check-in with Cashiers to obtain a wristband. Classes & Instructors may change without notice. FR = Fitness Room MPR = Multi-Purpose Room			
Deep Water Workout 12 - 1 p.m.	New Deep Water Workout 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m.		Deep Water Workout 12 - 1 p.m.				
	Deep Water Workout 6 - 7 p.m.		Deep Water Workout 6 - 7 p.m.					
One of the greatest moments in life is realizing that two weeks ago, your body couldn't do what you just did.								



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Drop in Aquatic & Dryland Fitness Class Descriptions

Aqua Fitness: A water fitness class incorporating the buoyancy and resistance of the water to challenge your cardiovascular system and muscles. Exercises are done to music in the shallow water.

Balance & Strength (Gentle Fitness Level 2): An easy to follow low intensity class for adults. Designed for those with any type of limited mobility, helping increase confidence and improve balance, strength, core stability and flexibility. Also includes low intensity cardio to help build up endurance.

Cardio Pump: A mixture of low and high intensity aerobics including light hand weights and/or tubing to focus on muscle endurance and toning.

Conditioning Swim: Improve your swim fitness while becoming a better all-around swimmer. Each swim workout class is designed to increase your cardiovascular and muscular endurance while improving your swimming efficiency. Though not a swim lesson; some stroke correction will be given. Prerequisite: Participants must be able to swim eight lengths continuously. Fins, flutter boards and hand paddles provided.

Cycle Pump: Crank it up with this motivating and vigorous class designed to give an unbeatable workout to all levels of experience. Optimize cardiovascular fitness on the bike, and improve strength and core stability with body weight, tubing and dumbbell exercises.

Deep Water Workout: A water fitness class incorporating the buoyancy and resistance of water to challenge your cardiovascular system and muscle groups. The exercises are done while wearing a flotation belt in deep water. Swimming skills are not necessary.

Total Body Workout: An intense yet self-paced class with simple or no choreography. There is no set blueprint - classes may have different formats but will include either interval or continuous cardio (possibly utilizing sport moves) and strength moves for every major muscle group including core and balance exercises.

Yoga: This yoga class emphasizes the union of breath, focus and body awareness through a system of poses and mindfulness aimed to relieve the stresses of modern day life. This yoga class is for all levels. Please wear comfortable clothing. Bring your own yoga mat and blanket.