




Canyon Meadows Aquatic & Fitness Centre

89 Canova Rd. S.W.
Mar. 31 - June 30, 2025

Main Pool - Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 9 a.m.	Conditioning Swim 6:05 - 7:05 a.m.	Lane Swim 6 - 8 a.m.	Conditioning Swim 6:05 - 7:05 a.m.	Lane Swim 6 - 8 a.m.		
	Lane Swim Shared 6 - 9 a.m.		Lane Swim Shared 6 - 9 a.m.		Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 9:30 a.m.
	Lane Walking Shared 8 - 9 a.m.	Aqua Fitness 8:05 - 9 a.m.	Lane Walking Shared 8 - 9 a.m.	Aqua Fitness 8:05 - 9 a.m.		
						Public Swim 9:30 - 11:30 a.m.
						Lane Swim 11:30 a.m. - 1:30 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.	Lane Swim 12:30 - 2 p.m.	Lane Swim
					Public Swim 2 - 3:30 p.m.	Hot Tub Closes at 1:30 p.m. on Sundays.
Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Schedule Subject to Change.	
						
Lane Swim 9 - 10 p.m.	Lane Swim 9 - 10 p.m.	Lane Swim 8 - 10 p.m.	Lane Swim 9 - 10 p.m.	Lane Swim 7:30 - 9 p.m.	Visit calgary.ca/CanyonMeadowsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.	


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Mar. 31 - June 30, 2025

Dive Tank & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dive Tank Open 6 - 7 a.m.	Deep Water Workout 6:10 - 7a.m.	Dive Tank Open 6 - 7 a.m.	Deep Water Workout 6:10 - 7a.m.	Dive Tank Open 6 - 7 a.m.	<p>* Self Led Dive Tank - means self-led exercise and swimming.</p> <p>* Dive Tank Open - the Diving Board and Slide MAY NOT BE OPEN at these times, check with the staff.</p> <p>*** the Hot Tub Closes at 1:30 p.m. on Sundays.</p>	
Dive Tank Open 7 - 9 a.m.	Deep Water Workout 7:10 - 8 a.m.	Deep Water Workout 7 - 7:55 a.m.	Deep Water Workout 7:10 - 8 a.m.	Deep Water Workout 7 - 7:55 a.m.		
	Dive Tank Open 8 - 9 a.m.	Dive Tank Open 8 - 9 a.m.	Deep Water Workout 8:10 - 9 a.m.	Dive Tank Open 8 - 9 a.m.	Deep Water Workout 7:35 - 8:30 a.m.	Deep Water Workout 7:45 - 8:30 a.m.
						Deep Water Workout 8:40 - 9:30 a.m.
						Public Swim 9:30 - 11:30 a.m.
Deep Water Workout 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.		Self-Led Dive Tank 11:30 a.m. - 1:30 p.m.
					Self-Led Dive Tank 12:30 - 2 p.m.	
Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim Shared 2 - 3:30 p.m.	
					<p>Schedule Subject to Change.</p>  <p>Visit calgary.ca/CanyonMeadowsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p>	
Dive Tank Open 9 - 10 p.m.	Dive Tank Open 8 - 10 p.m.	Dive Tank Open 8 - 10 p.m.	Dive Tank Open 9 - 10 p.m.	Dive Tank Open 7:30 - 9 p.m.		



Canyon Meadows Aquatic & Fitness Centre

89 Canova Rd. S.W.
April - June 30, 2025

Drop in Aquatic & Dryland Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Conditioning Swim 6:05 - 7 a.m. Allison		Conditioning Swim 6:05 - 7 a.m. Allison			
	Deep Water Workout 6:10 - 7 a.m. Sandra	Deep Water Workout 7 - 7:55 a.m. Matthew	Deep Water Workout 6:10 - 7 a.m. Sandra	Deep Water Workout 7 - 7:55 a.m. Cindy	Deep Water Workout 7:35 - 8:30 a.m. Amanda	Deep Water Workout 7:35 - 8:30 a.m. Sandra R.
	Deep Water Workout 7:10 - 8 a.m. Sandra	Aqua Fitness 8:05 - 9 a.m. Matthew	Deep Water Workout 7:10 - 8 a.m. Sandra			Deep Water Workout 8:35 - 9:30 a.m. Sandra R.
		50+ Strength & Stretch (Gentle 3) 8:15 - 9:15 a.m. FR Cindy	Deep Water Workout 8:10 - 9 a.m. Terry	Aqua Fitness 8:05 - 9 a.m. Cindy		
Stretch & Restore 9:15 - 10:15 a.m. MPR Michelle		Yoga 9:15 -10:15 a.m. MPR Valerie				
	Cardio Pump 9:15 - 10:15 a.m. FR Emm	Ever Active (Gentle 3) 9:20 - 10:20 a.m. FR Cindy	Total Body Workout 9:45 - 10:45 a.m. FR Terry	Cardio & Strength Intervals 9:45 - 10:45 a.m. FR Michelle	<div>Schedule Subject to Change.</div> <div></div> <div>Visit calgary.ca/CanyonMeadowsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor–led classes.</div> <div>Please check-in with Cashiers to obtain a wristband.</div>	
Yoga 10:30 - 11:30 a.m. MPR Michelle	Zumba® 10:30 - 11:30 a.m. FR Andrea	Strength & Restore 10:30 - 11:25 a.m. FR Randi		Stretch & Restore 10:55 - 11:45 a.m. FR Michelle		
Deep Water Workout 12 - 1 p.m. Julie	New Strength & Restore 3 - 4 p.m. FR Gail	Deep Water Workout 12 - 12:55 p.m. Cindy	Deep Water Workout 12 - 12:55 p.m. Cindy	Deep Water Workout 12 - 12:55 p.m. Michelle		
	Deep Water Workout 6 - 6:55 p.m. Faye	Balance & Strength (Gentle 2) 1:15 - 2:15 p.m. FR Linda	Deep Water Workout 6 - 6:55 p.m. Faye			
Yoga 6:15 - 7:15 p.m. MPR Yulia						