



Canyon Meadows Aquatic & Fitness Centre

89 Canova Road S.W.

January 2 - March 31, 2023

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 a.m. - 9 a.m.	Lane Swim Shared 6 - 9 a.m.	Dive Tank Open 8 a.m. - 9 a.m.	Lane Swim Shared 6 - 9 a.m.	Dive Tank Open 8 a.m. - 9 a.m.	Lane Swim 7:30 - 8:30 a.m.	Dive Tank Open 7:30 - 9:30 a.m.
					Dive Tank Open 7:30a.m.-8:30 a.m.	Lane Swim 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 - 7:55 a.m.	Reserved for Swim Club 8:30 - 10 a.m.	Family Swim 9:30 - 11:30 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.		
* School Board Lessons 9 a.m. - 12 p.m. * Check calgary.ca/dropin for more swim times					Swim Lessons 10 a.m. - 12:30 p.m.	Dive Tank Open 11:30 - 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.		
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.	Dive Tank Open 12 - 1 p.m.	Dive Tank Open 12:30 - 2 p.m.	Lane Swim 11:30 - 1:30 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 pm	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. *** the Hot Tub Closes at 2 p.m. on Sundays.</p> <p>Subject to change</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 calgary.ca/dropin</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

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 9:15 - 10:15 a.m. FR	Total Body Workout 9:15 - 10:15 a.m. FR		Cycle Pump 8:30 - 9:30 a.m. FR		NEW Pure Cycle 9:15 - 10:15 a.m. FR
* Yoga 10:30 - 11:30 a.m. MPR	Balance & Strength (Gentle 2) 10:30 - 11:30 a.m. FR	NEW * Yoga 9:15 - 10:15 a.m. MPR			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. * Must bring your own mat To sign up for instructor led classes visit calgary.ca/dropin 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.	Deep Water Workout 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m.				
		NEW Pure Cycle 4:25 - 5:15 p.m. FR				
	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.						