



## Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Dive Tank <u>not Available</u></b> 6 - 7:30 a.m.		<b>Dive Tank <u>not Available</u></b> 6 - 7:30 a.m.			
	<b>Lane Swim</b> 6 - 7:30 a.m.		<b>Lane Swim</b> 6 - 7:30 a.m.			
	<b>Deep Water Workout</b> 6:30 - 8:30 a.m. Robyn		<b>Deep Water Workout</b> 6:30 - 8:30 a.m. Robyn		<b>Private Bookings</b> 7:30 a.m. - 4 p.m.	<b>Private Bookings</b> 7:30 a.m. - 4 p.m.
	<b>Aquacize</b> 7:30 - 8:30 a.m. Robyn		<b>Aquacize</b> 7:30 - 8:30 a.m. Robyn			
	<b>H.E.A.T High Energy Aquatic Training</b> (Registered) 8:30 - 9:30 a.m. Wendy		<b>H.E.A.T High Energy Aquatic Training</b> (Registered) 8:30 - 9:30 a.m. Wendy			
	<b>Lane Walking</b> 8:30 - 9:30 am		<b>Lane Walking</b> 8:30-9:30 am			
	<b>Dive Tank <u>not Available</u></b> 8:30 a.m. - 9 p.m.		<b>Dive Tank <u>not Available</u></b> 8:30 a.m. - 9 p.m.			
<b>Dive Tank <u>not Available</u></b> 1 - 10 p.m.	<b>Lane Swim</b> 9:30 a.m. - 1:00 p.m.	<b>Dive Tank <u>not Available</u></b> 1 - 10 p.m.	<b>Lane Swim</b> 9:30 a.m. - 1:00 p.m.			
<b>Lane Swim</b> 1 - 4 p.m.	<b>Family Swim</b> 1 - 2:30 p.m.	<b>Lane Swim</b> 1 - 4 p.m.	<b>Family Swim</b> 1 - 2:30 p.m.		<p><b>Subject to change.</b> Visit <a href="http://calgary.ca/foothillspool">calgary.ca/foothillspool</a> for the latest facility schedules, hours of operation and rates.</p> <p>To sign up for instructor led classes visit <a href="http://calgary.ca/liveandplay">calgary.ca/liveandplay</a></p>	
<b>Reserved for Swim Club</b> 4 - 6 p.m.	<b>Lane Swim</b> 2:30 - 4 p.m.		<b>Lane Swim</b> 2:30 - 4 p.m.			
<b>Swimming Lessons / JLC</b> 6 - 9 p.m.	<b>Reserved for Swim Club</b> 4 - 9 p.m.	<b>Reserved for Swim Club</b> 4 - 6 p.m.	<b>Reserved for Swim Club</b> 4 - 9 p.m.			
<b>Reserved for Swim Club</b> 8 - 9 p.m.	<b>Deep Water Workout</b> 6 - 7 p.m. Juliette	<b>Swimming Lessons</b> 6 - 9 p.m.	<b>Deep Water Workout</b> 6 - 7 p.m. Laurie			
<b>Lane Swim</b> 9 - 10 p.m.		<b>Lane Swim</b> 9 - 10 p.m.				