

Drop-In Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Lane Swim 6 - 7 a.m.		Lane Swim 6 - 7 a.m.	<p>Dive Tank Availability A deep pool basin that gives you a chance to exercise and participate in individual movements. Note: Additional amenities such as diving boards and slides will be closed. This Activity is for Youth & Adults – 14+. No Horseplay.</p> <p>Monday Dive Tank Not available</p> <p>Tuesday Dive Tank not available</p> <p>Wednesday 5 - 6 p.m.</p> <p>Thursday 6 - 7 p.m.</p>		
	Deep Water Workout 7 - 8 a.m.		Deep Water Workout 7 - 8 a.m.			
	Aqua Fitness 8 - 9 a.m.		Aqua Fitness 8 - 9 a.m.			
	Aqua - H.E.A.T Registered 9 - 10 a.m.		Aqua - H.E.A.T Registered 9 - 10 a.m.			
	Lane swim Shared 10 - 11 a.m.		Lane swim Shared 10 - 11 a.m.			
	Lane Swim 11 a.m. - 1 p.m.		Lane Swim 11 a.m. - 1 p.m.			
	Lane Walking 1 - 2 p.m.		Lane Walking 1 - 2 p.m.	<p>Please visit calgary.ca/foothillspool for the latest schedules, admission rates and class descriptions.</p> <p>To sign up for instructor lead classes visit calgary.ca/dropin</p>		
Lane Swim 1 - 4 p.m.	Lane Swim 2 - 4 p.m.	Lane Swim 1 - 4 p.m.	Lane Swim 2 - 4 p.m.			
Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 9 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 9 p.m.	<p>Tot Pool Hours An opportunity for patrons and their toddlers to play and learn while enjoying a separate shallow water basin suited to younger children.</p> <p>Monday 2:30 - 9 p.m.</p> <p>Tuesday 6 a.m. - 9 p.m.</p> <p>Wednesday 1 - 9 p.m.</p> <p>Thursday 6 a.m. - 7 p.m.</p>		
		Self-Led Dive Tank 5 - 6 p.m.				
Reserved for lessons 6 - 9 p.m.	Deep Water Workout 6 - 7 p.m.	Reserved for lessons 6 - 9 p.m.	Self-Led Dive Tank Exercise 6 - 7 p.m.			
Reserved for Swim Club 8 - 9 p.m.						