




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.	<b>Dive Tank Availability:</b>  Wednesday 5 - 6 p.m.  <b>Pool Reserved:</b> Monday - Thursday 4 - 9pm		
	Deep Water Workout 7 - 7:55 a.m. Robyn		Deep Water Workout 7 - 7:55 a.m. Robyn			
	Aqua Fitness 8 - 8:55 a.m. Robyn		Aqua Fitness 8 - 8:55 a.m. Robyn			
	Lane Swim Shared 9:30 - 10:30 a.m.		Lane Swim Shared 9:30 - 10:30 a.m.	<b>Tot Pool Hours</b> An opportunity for patrons and their toddlers to play and learn while enjoying a separate shallow water basin suited to younger children.  Monday 2 - 9 p.m.  Tuesday 6 a.m. - 9 p.m.  Wednesday 1 - 9 p.m.  Thursday 6 a.m. - 4 p.m.		
	Lane Swim 10:30 a.m. - 1 p.m.		Lane Swim 10:30 a.m. - 1 p.m.			
Lane Swim & Lane Walking Shared 1 - 2 p.m.	Lane Swim & Lane Walking Shared 1 - 2 p.m.	Lane Swim & Lane Walking Shared 1 - 2 p.m.	Lane Swim & Lane Walking Shared 1 - 2 p.m.	<b>Schedule Subject to Change</b>    Visit <a href="https://calgary.ca/FoothillsPool">calgary.ca/FoothillsPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.		
Lane Swim Shared 2 - 4 p.m.	Lane Swim 2 - 4 p.m.	Lane Swim Shared 2 - 4 p.m.	Lane Swim 2 - 4 p.m.			
	Deep Water Workout 6 - 7 p.m. Julie	Self-Led Dive Tank 5 - 6 p.m.	Deep Water Workout 6 - 7 p.m. Ruby			