



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|--|--|
| | | | | | Lane Swim 7:30-8:30 am | Lane Swim 7:30-8:30 am |
| | | | | | Conditioning Swim 8:35-9:30 am | Lane Walk/ Swim (Shared) 8:30-9:30 am |
| <p>Dive Tank Open for Self-Led exercise 1:00-3:00 pm Daily</p> <p>Schedule subject to change without notice. Dive Tank may be closed between 2pm and 4pm weekdays due to staff Shortages Please check calgary.ca/GlenmorePool</p> | | | | | Tethered DWW 9:30-10:30 am (Registered) April 9-June 11 | Deep Water Workout 8:30-9:30 am |
| | | | | | Youth Conditioning Swim: 9:30-10:30 (Registered) April 23-June 18 | Dive Tank Self-led exercise 9:30-10:30am |
| | | | | | Lane Walking 9:30-10:30am | Aquacize 9:30-10:30 am |
| Lane Swim 12:00-1:00 pm | Conditioning Swim 12:05-1:00 pm | Lane Swim 12:00-1:00 pm | Conditioning Swim 12:05-1:00 pm | Lane Swim 12:00-1:00 pm | Family Swim 10:30-12:00 pm | Family Swim 10:30-12:00 pm |
| Deep Water Workout 12:05-1:00 pm | Deep Water Workout 12:05-1:00 pm | Deep Water Workout 12:05-1:00 pm | Tethered DWW 12:05-1:05 (Registered) April 7-May 26 | Deep Water Workout 12:05-1:00 pm | Lane Swim 12:00-1:30 pm | Lane Swim 12:00-1:30 pm |
| Aquacize 1:05-2:00 pm | Tethered DWW 1:00-2:00 pm (Registered) April 5- May24 | Aquacize 1:05-2:00 pm | Lane Swim 1:00-2:00 pm | Aquacize 1:05-2:00 pm | Public Swim 1:30-3:30 pm | Public Swim 1:30-3:00 pm |
| Lane Walk/ Swim (Shared) 2:00-3:00 pm | Lane Swim 1:00-2:00 pm Lane Walk/ Swim (Shared) 2:00-3:00 pm | Lane Walk/ Swim (Shared) 2:00-3:00 pm | | Lane Walk/ Swim (Shared) 2:00-3:00 pm | | |
| Public / Lane Swim (Shared) 3:00-4:00 pm | Public / Lane Swim (Shared) 3:00-4:00 pm | Public / Lane Swim (Shared) 3:00-4:00 pm | Public / Lane Swim (Shared) 3:00-4:00 pm | Public Swim 3:00-4:00 pm | <p>Hot Tub Hours: Monday-Thursday: 12:00 pm - 8:00 pm Friday: 12:00 pm - 8:00 pm Saturday 7:30 am - 3:30 pm Sunday: 7:30 am - 2:00 pm</p> <p>Hot Tub Closed Sundays at 2pm</p> <p>Schedule subject to change without notice. Please visit Calgary.ca/GlenmorePool</p> | |
| Swim Club 4:00-5:30 pm | | | | | | |
| Swim Club 5:30-7:00 pm | | Swim Lessons 5:30-8:00pm | Swim Club 5:30-7:00 pm | Swim Club 5:30-7:00 pm | | |
| Lane Swim 7:00-8:00 pm | Conditioning swim 7:00-8:00 pm | | Conditioning swim 7:00-8:00 pm | Family Swim 7:00-8:00pm | | |
| Dive Tank Open 7:00-8:00 pm | Deep Water Workout 7:00-7:55 pm | | Deep Water Workout 7:00-7:55 pm | | | |

2022 Pool admission rates

| | Preschool (0-5Y) | Child (6-12Y) | Youth (13-17Y) | Adult (18 - 64Y) | Senior (65Y+) | Family | Single Parent Family |
|----------|---------------------|------------------|-------------------|---------------------|------------------|--------|----------------------------|
| Drop In | Free | 3.75 | 4.20 | 8.30 | 5 | 16.85 | 11.05 |
| 10x Pass | Free | 35.30 | 39.50 | 78.00 | 47.00 | 158.40 | 103.90 |
| 1 Month | Free | 20.70 | 26.85 | 53.75 | 32.25 | | |
| 12 Month | Free | 248.40 | 322.20 | 645.00 | 387.00 | | |

To register please speak with the front desk staff or call 403-268-3800

To register online check out Calgary.ca/register