



Swimming, Aquatic & Dryland Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Schedule subject to change without notice.</p> <p>Please check calgary.ca/glenmorepool for the latest facility schedules, hours of operation, and rates.</p> <p>To sign up for instructor led / self-led conditioning swim classes visit calgary.ca/dropin</p> <p>Must bring your own yoga mat *</p>					<p>Lane Swim 7:30 - 8:30 a.m.</p>	<p>Lane Swim 7:30 - 8:30 a.m.</p>
					<p>Self Led - Conditioning Swim 8:30 - 9:25 a.m.</p>	<p>Lane Walk/ Swim (Shared) 8:30 - 9:30 a.m.</p>
					<p>Self Led - Conditioning Swim (Shared) 9:30 - 10:25 a.m.</p>	<p>Deep Water Workout 8:30 - 9:25 a.m.</p>
					<p>Tethered Deep Water Workout 9:30 - 10:30 a.m. (Registered)</p>	<p>Aqua Fitness 9:30 - 10:25 a.m.</p>
<p>Lane Swim 12 - 1 p.m.</p>	<p>Self Led - Conditioning Swim 12:05 - 1 p.m.</p>	<p>Lane Swim 12 - 1 p.m.</p>	<p>Self Led - Conditioning Swim 12:05 - 1 p.m.</p>	<p>Lane Swim 12 - 1 p.m.</p>	<p>Family Swim 10:30 a.m. - 12 p.m.</p>	<p>Family Swim 10:30 a.m. - 12 p.m.</p>
<p>Deep Water Workout 12:05 - 1 p.m.</p>	<p>Deep Water Workout 12:05 - 1 p.m.</p>		<p>50+ Deep Water Workout (Gentle 3) 12:10 - 1 p.m.</p>	<p>Deep Water Workout 12:05 - 1 p.m.</p>		
<p>School Board Bookings will take place April 17th to June 15th 1 - 2:30pm</p> <p>Please check calgary.ca/glenmorepool for the most up to date schedule during this time.</p>					<p>Lane Swim 12 - 1 p.m.</p>	<p>Lane Swim 12 - 1:30 p.m.</p>
<p>Modified Aqua Fitness 1:05 - 2 p.m.</p> <p>Class on Apr 3, 10, 24, May 1, June 12, 19, 26</p>	<p>Lane Swim 1 - 2 p.m.</p>	<p>Modified Time Deep Water Workout 1:30 - 2:25 p.m.</p>	<p>Lane Swim 1 - 2 p.m.</p>	<p>NEW! Mind - Body Flow * 1:15 - 2:15pm (Multi-Purpose Room)</p>	<p>Swim Lessons 1 - 3:30 p.m.</p>	<p>Public Swim 1:30 - 3 p.m.</p>
	<p>Balance and Strength (Gentle 2) 1:30 - 2:30 p.m. (Multi-Purpose Room)</p>	<p>Modified Time Aqua Fitness 2:30 - 3:25 p.m.</p> <p>Class on Apr 5, 19, May 3, 24, June 7, 14, 21, 28</p>	<p>Balance and Strength (Gentle 2) 1:30 - 2:30 p.m. (Multi-Purpose Room)</p>			
<p>Lane Walk/ Swim/Public (Shared) 2:30 - 4 p.m.</p>	<p>Lane Walk/ Swim/ Public (Shared) 2:30 - 4 p.m.</p>	<p>Modified Time Deep Water Workout 2:30 - 3:25 pm</p> <p>Class on Apr 12, 26, May 10, 17, 31</p>	<p>Lane Walk/ Swim/ Public (Shared) 2:30 - 4 p.m.</p>	<p>Modified Time Aqua Fitness 2:30 - 3:25 p.m.</p>	<p>Hot Tub Hours:</p> <p>Monday-Thursday: 12 - 8 p.m.</p> <p>Friday: 12 - 8 p.m.</p> <p>Saturday 7:30 a.m. - 3:30 p.m.</p> <p>Sunday: 7:30 a.m. - 3:00 p.m.</p>	
<p>Swim Club 4 - 5:30 p.m.</p>						
<p>Swim Club 5:30 - 7 p.m.</p>			<p>Swim Club 5:30 - 7 p.m.</p>	<p>Swim Club 5:30 - 6:30 p.m.</p>		
<p>Lane Swim 7 - 8 p.m.</p>	<p>Self Led - Conditioning Swim 7 - 7:55 p.m.</p>	<p>Swim Lessons 5:30 - 8 p.m.</p>	<p>Self Led - Conditioning Swim 7 - 7:55 p.m.</p>	<p>Family Swim 6:30 - 8 p.m.</p>		
	<p>Deep Water Workout 7 - 7:55 p.m.</p>		<p>Deep Water Workout 7 - 7:55 p.m.</p>			



Drop In - Aquatic & Dryland Fitness Descriptions

50+ Deep Water Workout (Gentle Fitness Level 3):

A deep water fitness class designed specifically for older adults. Maintain cardiovascular health and muscular strength using the resistance of water with your peer group. The exercises are done while wearing a flotation belt in deep water. Swimming skills are not necessary.

Aqua Fitness:

An instructor led pool fitness class done to music in the shallow water where your feet can touch the bottom. These fun exercises incorporate the buoyancy and resistance of the water to challenge your cardiovascular system and muscles.

Balance & Strength (Gentle Fitness Level 2):

An easy-to-follow low intensity class for adults. Designed for those with any type of limited mobility, helping increase confidence and improve balance, strength, core stability and flexibility. Also includes low intensity cardio to help build up endurance.

Deep Water Workout (DWW):

A water fitness class incorporating the buoyancy and resistance of water to challenge your cardiovascular system and muscle groups. Exercises are done while wearing a floatation belt in deep water; swimming skills are not necessary.

Mind - Body Flow:

Expect to strengthen and stretch your body in this dynamic class that may incorporate Pilates based exercises, yoga inspired postures, and / or mobility work. Improvements in strength, flexibility, balance and mental focus can be achieved with consistent practice. No late entry permitted. Please bring your own mat.

Self - Led Conditioning Swim: An opportunity for a self-led swim workout. Increase your cardiovascular and muscular strength while improving your swimming efficiency. Create your own workout, or use one of ours. No instructor. Participants must be able to swim eight lengths/200 meters continuously. Fins, flutter boards and hand paddles are available for your use.

To sign up for instructor led / self-led conditioning swim classes visit
calgary.ca/dropin

2023 Pool admission rates							
	Preschool (0-5Y)	Child (6-12Y)	Youth (13-17Y)	Adult (18 - 64Y)	Senior (65Y+)	Family	Single Parent Family
Drop In	Free	3.85	4.30	8.50	5.30	17.30	11.35
10x Pass	Free	36.20	40.40	79.90	49.95	162.60	106.70
1 Month	Free	21.25	27.55	55.15	34.25		
12 Month	Free	255.00	330.60	661.80	411.00		