



Inglewood Aquatic Centre

1527 17 Avenue S.E.
Nov 27 - Dec 23, 2022

Swimming & Aquatic Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|--|---|
| | Lane Swim 6 - 9 a.m. | Lane Swim 6 - 9 a.m. | Lane Swim 6 - 9 a.m. | | Lane Swim 7:30 - 8:30 a.m. | Lane Swim 7:30 - 9 a.m. |
| | Aqua Fitness 9 - 10 a.m. Self-Led Deep | Swimming Lessons 9 - 11 a.m. | Lane Walking 9 - 10 a.m. Self-Led Deep | | Reserved for Swimming Lessons 8:30 - 11 a.m. | Family Swim 9 - 10:30 a.m. |
| | Deep Water Workout 10 - 11 a.m. | Deep Water Workout 10 - 11 a.m. | Public Swim 10 - 11 a.m. | | | |
| | Public Swim 11 a.m. - 12 p.m. | Aqua Fitness 11 a.m. - 12 p.m. Self-Led Deep | Aqua Fitness 11 a.m. - 12 p.m. Self-Led Deep | | Reserved for Birthday Party Bookings 11 a.m. - 2 p.m. | Reserved for Birthday Party Bookings 10:30 a.m. - 2 p.m. |
| Lane Swim 12 - 2 p.m. | Lane Swim 12 - 3 p.m. | Lane Swim 12 - 3 p.m. | Lane Swim 12 - 3 p.m. | Lane Swim 12 - 2 p.m. | | |
| Aqua Fitness 2 - 3 p.m. Self-Led Deep | | | | Public Swim 2 - 3:30 p.m. | Public Swim 2 - 3:30 p.m. | Public Swim 2 - 3:30 p.m. |
| Public Swim 3 - 4 p.m. | Public Swim 3 - 4 p.m. | Public Swim 3 - 4 p.m. | Public Swim 3 - 4 p.m. | | <p>Subject to change. Visit calgary.ca/inglewoodpool for the latest facility schedules, hours of operation and rates.</p> <p>To sign up for instructor led classed visit calgary.ca/liveandplay</p> | |
| Reserved for Swim Club 4 - 6 p.m. | Reserved for Swim Club 4 - 6:30 p.m. | Reserved for Swim Club 4 - 6:30 p.m. | Reserved for Swim Club 4 - 6 p.m. | Lane Swim - Shared 3:30 - 5:30 p.m. | | |
| Public Swim 6 - 7 p.m. | | | Aqua Fitness 6 - 6:55 p.m. Self-Led Deep | Reserved for Birthday Party Bookings 5:30 - 6:30 p.m. | | |
| Swim Club 7 - 8 p.m. | Reserved for Swim Club 6:30 - 8 p.m. | NEW! Lane Swim 6:30 - 8 p.m. | Swim Club 7 - 8 p.m. | Family Swim 6:30 - 8 p.m. | | |
| Lane Swim - Shared 7 - 8 p.m. | | | Tethered Deep Water Workout (Registered) 7 - 8 p.m. | | | |
| | | | | | | |