



# Inglewood Aquatic Centre

1527 17 Avenue S.E.  
**Apr 3 - June 30, 2023**

## 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. Izabella Self-Led Deep	Reserved for Swimming Lessons 9 - 11 a.m.	Self Led Shallow 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. Izabella Self-Led Shallow	Deep Water Workout 10 - 11 a.m. Jody Self-Led Shallow	Public Swim 10 - 11 a.m.			Reserved for Birthday Party Bookings 10:30 a.m. - 2 p.m.
	Public Swim 11 a.m. - 12 p.m.	Aqua Fitness 11 a.m. - 12 p.m. Jody Self-Led Deep	Aqua Fitness 11 a.m. - 12 p.m. Marianne Self-Led Deep		Reserved for Birthday Party Bookings 11 a.m. - 2 p.m.	
Lane Swim 12 - 2 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 2 p.m.		
Aqua Fitness 2 - 3 p.m. Helen Self-Led Deep	Public Swim 2 - 4 p.m.	Public Swim 2 - 4 p.m.	Public Swim 2 - 4 p.m.	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.						
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 4 - 5:30 p.m.	Subject to change. Visit <a href="http://calgary.ca/inglewoodpool">calgary.ca/inglewoodpool</a> for the latest facility schedules, hours of operation and rates.  To sign up for instructor-led classes visit <a href="http://calgary.ca/dropin">calgary.ca/dropin</a>	
Public Swim 6 - 7 p.m.			Aqua Fitness 6:05 - 6:55 p.m. Julie Self-Led Deep	Reserved for Birthday Party Bookings 5:30 - 6:30 p.m.		
Reserved for Swim Club 7 - 8 p.m.	Reserved for Swim Club 6:30 - 8 p.m.	Lane Swim 6:30 - 8 p.m.	Reserved for 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. Julie			