




Inglewood Aquatic Centre

1527 17 Avenue S.E.

May 1 - 31, 2025

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Additional classes added during Renfrew closure.				Lane Swim 6 - 9 a.m.	Lane Swim 7:30 - 8:30 a.m.				
				Deep Water Workout 9:10 - 10 a.m. Matt					
				Self-Led Shallow 9:05 - 10 a.m.			Family Swim 9 - 10:30 a.m.		
				Aqua Fitness 10:10 - 11 a.m. Matt					
				Self-Led Deep 10:05 - 11 a.m.					
				Lane Swim 11 a.m. - 12:30 p.m.			Public / Lane Swim Shared 12:30 - 2 p.m.		
				Lane Swim 12 - 3 p.m.	Lane Swim 12 - 1 p.m.	Tethered Deep Water Workout 12:10 - 12:55p.m. Julie		Lane Swim 12 - 1 p.m.	Public Swim 2 - 3:30 p.m.
					Deep Water Workout 1:10 - 2 p.m. Mandy		Deep Water Workout 1:10 - 2 p.m. Matt		
Self-Led Shallow 1:05 - 2 p.m.	Aqua Fitness 1:05 - 2 p.m. Julie	Self-Led Shallow 1:05 - 2 p.m.	Schedule Subject to Change						
Aqua Fitness 2:10 - 3 p.m. Mandy	Self-Led Deep 1:05 - 2 p.m.	Aqua Fitness 2:10 - 3 p.m. Matt							
Public /Lane Swim Shared 3 - 5 p.m.	Self-Led Deep 2:05 - 3 p.m.	Lane Swim 2 - 3 p.m.	Self-Led Deep 2:05 - 3 p.m.						
	Public /Lane Swim Shared 3 - 5:30 p.m.		Lane Swim 3 - 4 p.m.						
Lane Swim 5 - 6 p.m.	Lane Swim Shared (2 lanes only) 5:30 - 7 p.m.	Public /Lane Swim Shared 3 - 5 p.m.	Public /Lane Swim Shared 4 - 5:15 p.m.		Visit calgary.ca/Inglewoodpool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.				
		Lane Swim 5 - 6 p.m.	Lane Swim Shared (2 lanes only) 5:30 - 6:30 p.m.						

Visit calgary.ca/inglewoodpool

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