



Killarney Aquatic & Recreation Centre

1919 29 Street S.W.

November 15 - December 23, 2022

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 7 a.m.	Reserved for Swim Club 6 - 7 a.m.	Lane Swim 6 - 7 a.m.	Reserved for Swim Club 6 - 7 a.m.	Lane Swim 6 - 7 a.m.		
Advanced Lane Swim 7 - 8 a.m.	Lane Swim 7 - 8 a.m.	Advanced Lane Swim 7 - 8 a.m.	Lane Swim 7 - 8 a.m.	Advanced Lane Swim 7 - 8 a.m.	Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 8:30 a.m.
Deep Water Workout 7 - 7:55 a.m. Laurie	Deep Water Workout 7 - 7:55 a.m. Caitlin	Deep Water Workout 7 - 7:55 a.m. Sandra	Deep Water Workout 7 - 7:55 am Gay Lynn / Navin	Deep Water Workout 7 - 7:55 a.m. Naz	Deep Water Workout 7:40 - 8:30 a.m. Jennifer	Deep Water Workout 7:40 - 8:30 a.m. Julie
Aqua Fitness 8 - 9 a.m. Laurie	Aqua Fitness 8 - 9 a.m. Caitlin	Aqua Fitness 8 - 9 a.m. Sandra	Aqua Fitness 8 - 9 a.m. Gay Lynn / Navin	Aqua Fitness 8 - 9 a.m. Naz	Swim Lessons 8:30 a.m. - 12:30 p.m.	Reserved for Swim Club 8:30 - 9:30 a.m.
Lane Swim/ Public Swim Shared 9 a.m. - 12 p.m.						Family Swim 9:30 - 11:30 a.m.
Lane Swim 12 - 1 p.m.		Lane Swim 12 - 1 p.m.		Lane Swim 12 - 2 p.m.	Public Swim 12:30 - 2 p.m.	Swim Lessons 11:30 - 3:30 p.m.
Deep Water Workout 11 - 11:50 a.m. Linda	Lane Swim 12 - 1 p.m.	Deep Water Workout 11 - 11:50 a.m. Theresa	Lane Swim 12 - 1 p.m.	Deep Water Workout 11 - 11:50 a.m. Katherine	Adult/ Youth Lane Swim 2 - 3:30 p.m.	
50+ Deep Water Workout (Gentle 3) 12 - 1 p.m. Candace	Deep Water Workout 12 - 1 p.m. Katherine	50+ Deep Water Workout (Gentle 3) 12 - 1 p.m. Jennifer	Deep Water Workout 12 - 1 p.m. Katherine	50+ Deep Water Workout (Gentle 3) 12 - 1 p.m. Katherine		Hot Tub Closed 1:30 - 3:30 p.m.
50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m. Candace	50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m. Candace	Aqua Zumba® 1:10 - 2 p.m. Jennifer	50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m. Candace		<p style="text-align: center;">Subject to Change. Visit calgary.ca/killarneypool for the latest facility schedules, hours of operation and rates.</p> <p>To sign up for instructor led classes visit calgary.ca/liveandplay</p>	
Lane Swim/ Public Swim Shared 2 - 4 p.m.						
Reserved for Swim Club 4 - 7 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 7 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 7 p.m.		
Deep Water Workout 6:15 - 7:15 p.m. Cynthia	Swimming Lessons 6 - 8 p.m.	Deep Water Workout 6:15 - 7:15 p.m. Julie	Swimming Lessons 6 - 8 p.m.	Deep Water Workout 6:15 - 7:15 p.m. Cynthia		
Tethered Deep Water Workout 7:25 - 8:10 p.m. Cynthia		Tethered Deep Water Workout 7:25 - 8:10 p.m. Julie				
Lane Swim 7 - 8 p.m.		Lane Swim 7 - 8 p.m.		Junior Lifeguard Club 7 - 8:30 p.m.		
Adult/ Youth Lane Swim 8 - 9 p.m.	Adult/ Youth Lane Swim 8 - 9 p.m.	Adult/ Youth Lane Swim 8 - 9 p.m.	Adult/ Youth Lane Swim 8 - 9 p.m.			



Tot/Kiddie Pool & Preschool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed Adult/ Youth Only 6 - 7 a.m.	Closed Adult/ Youth Only 6 - 7 a.m.	Closed Adult/ Youth Only 6 - 7 a.m.	Closed Adult/ Youth Only 6 - 7 a.m.	Closed Adult/ Youth Only 6 - 7 a.m.		
Tot Pool Open 7 a.m. - 8 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 8 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 7 p.m.	Active Play Multipurpose A 7:30 a.m. - 2:30 p.m.	Active Play Multipurpose A 7:30 a.m. - 2:30 p.m.
					Tot Pool Open 7:30 - 8:30 a.m.	Tot Pool Open 7:30 - 11:30 a.m.
					Closed for Swim Lessons 8:30 a.m. - 12:30 p.m.	
					Tot Pool Open 12:30 - 2 p.m.	Closed for Swim Lessons 11:30 a.m. - 3:30 p.m.
Closed Adult/ Youth Only 2 - 3:30 p.m.						
Active Play Multipurpose A 7 a.m. - 6 p.m.	Active Play Multipurpose A 7 a.m. - 6 p.m.	Active Play Multipurpose A 7 a.m. - 6 p.m.	Active Play Multipurpose A 7 a.m. - 6 p.m.	Active Play Multipurpose A 7 a.m. - 6 p.m.	<p>Subject to Change. Visit calgary.ca/killarneypool for the latest facility schedules, hours of operation and rates.</p>	
	Closed for Swimming Lessons 6 - 8 p.m.					
Closed Adult/ Youth Only 8 - 9 p.m.	Closed Adult/ Youth Only 8 - 9 p.m.	Closed Adult/ Youth Only 8 - 9 p.m.	Closed Adult/ Youth Only 8 - 9 p.m.			



Killarney Aquatic & Recreation Centre

1919 29 Street S.W.

September 6 - December 23, 2022

Dry Land Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba® Fitness Studio 9 - 10 a.m. Jennifer	Total Body Workout Fitness Studio 9 - 10 a.m. Madeleine	Mind-Body Flow * Fitness Studio 9 - 10 a.m. Izabela	Total Body Workout Fitness Studio 9 - 10 a.m. Helen	Pure Cycle Fitness Studio 9 - 10 a.m. Madeleine	Zumba® Fitness Studio 9 - 10 a.m. Jennifer	Mind-Body Flow * Fitness Studio 9 - 10 a.m. Erika
Total Body Workout Fitness Studio 10:15 - 11:15 a.m. Jennifer	Stretch & Restore * Multipurpose B 10:15 - 11:15 a.m. Madeleine	Total Body Workout Fitness Studio 10:15 - 11:15 a.m. Izabela	Mind-Body Flow * Multipurpose B 10:15 - 11:15 a.m. Helen	Total Body Workout Fitness Studio 10:15 - 11:15 a.m. Madeleine	Weight Room Orientation (Registered) Weight Room 9:30 - 10:30 a.m. Iris	
	Balance and Strength (Gentle 2) Fitness Studio 10:45 - 11:45 a.m. Katherine		Balance and Strength (Gentle 2) Fitness Studio 10:45 - 11:45 a.m. Katherine	Yoga For a Healthy Back * (Registered) Multipurpose C 9:30 - 10:30 a.m. Agatha	Karate for Everyone - Introductory (Registered) Fitness Studio 10:10 - 11:10 a.m. Heather	
NEW Cardio Kickboxing Fitness Studio 12 - 1 p.m. Marie	Stretch & Restore * Multipurpose C 12 - 1 p.m. Madeleine	Total Body Workout Fitness Studio 12 - 1p.m. Izabela	Stretch & Restore * Multipurpose C 12 - 1 p.m. Wendy	NEW Cycle Pump Fitness Studio 12 - 1 p.m. David	Karate for Everyone - Continuing (Registered) Fitness Studio 11:20 - 12:20 p.m. Heather	
50+ Fitness (Gentle 3) Fitness Studio 1:15 - 2:15 p.m. Naz	Strong & Steady (Gentle 1) Multipurpose C 1:15 - 2:15 p.m. Wendy	50+ Fitness (Gentle 3) Fitness Studio 1:15 - 2:15 p.m. Naz	Strong & Steady (Gentle 1) Multipurpose C 1:15 - 2:15 p.m. Wendy	Zumba Gold® (Gentle 3) Fitness Studio 1:15 - 2:15 p.m. Rahmi	NEW Self-Defense & Awareness Workshop (Registered) Fitness Studio 12:30 - 2:30 p.m. Heather	
Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Naz		Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Naz	NEW Pure Strength (Registered) Fitness Studio 12 - 1 p.m. Marie	Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Rahmi	<p>Subject to change. Visit calgary.ca/killarneypool for the latest facility schedules, hours of operation and rates.</p> <p>* Must bring your own mat to all Yoga, Pilates & Mind Body Flow classes*</p> <p>To sign up for instructor led classes visit calgary.ca/liveandplay</p>	
	Plus Size Fitness (Registered) Fitness Studio 1:45 - 2:30 p.m. Laurie		Parent & Baby Fit Together - Stroller Fitness & TRX (Registered) Fitness Studio 1:15 - 2:15 p.m. Susan			
	Alberta Cancer Exercise (Registered) - Survivorship Fitness Studio 4 - 4:45 p.m. - Maintenance 5 - 5:45 p.m. Iris		NEW Cycle & Core Introductory (Registered) Fitness Studio 2:30 - 3:15 p.m. Laurie			
NEW Barre (Registered) Multipurpose C 5:15 - 6:15 p.m. Agatha	NEW Tai Chi (Gentle 3) (Registered) Multipurpose C 6 - 7 p.m. Yan		Alberta Cancer Exercise (Registered) - Survivorship Fitness Studio 4 - 4:45 p.m. - Maintenance 5 - 5:45 p.m. Iris			
Pilates - Introductory * (Registered) Fitness Studio 6 - 7 p.m. Cristina	NEW Cardio & Strength Intervals Fitness Studio 6 - 7 p.m. Gretchen	Karate for Everyone - Introductory (Registered) Fitness Studio 6 - 7 p.m. Tannys	Pure Cycle Fitness Studio 6 - 7 p.m. Ted			
Yoga For a Healthy Back * (Registered) Fitness Studio 7:15 - 8:15 p.m. Cristina	Mind-Body Flow * Fitness Studio 7:15 - 8:15 p.m. Izabela	Karate for Everyone - Continuing (Registered) Fitness Studio 7:10 - 8:10 p.m. Tannys	NEW Zumba® Fitness Studio 7:15 - 8:15 p.m. Hiroe			