



# Killarney Aquatic & Recreation Centre

1919 29 St. S.W.  
Apr. 1 - Jun. 30, 2025

## Main Pool Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 8 a.m.	Lane Swim 7 - 8 a.m.	Lane Swim 6 - 8 a.m.	Lane Swim 7 - 8 a.m.	Lane Swim 6 - 8 a.m.		
Aqua Fitness 8:10 - 9 a.m. Matthew	Aqua Fitness 8:10 - 9 a.m. Chantel	Aqua Fitness 8:10 - 9 a.m. Candace	Aqua Fitness 8:10 - 9 a.m. Navin	Aqua Fitness 8:10 - 9 a.m. Naz	Lane Swim 7:30 - 9 a.m.	Lane Swim 7:30 - 8:30 a.m.
Public/Lane Swim 9 a.m. - noon <i>Subject to change due to school board lessons.</i>						Family Swim 9:30 - 11:30 a.m.
						Lane Swim Shared 11:30 a.m. - 12:30 p.m.
Lane Swim 12 - 1 p.m.					Public Swim 12:30 - 2:30 p.m.	Hot Tub CLOSED for cleaning 1 - 3:30 p.m.
50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m. Theresa/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	Aqua Zumba® 1:10 - 2 p.m. Hiroe		
Lane & Public Shared Swim 2 - 4 p.m.	Lane & Public Shared Swim 2 - 4 p.m.	Lane & Public Shared Swim 2 - 4 p.m.	Lane & Public Shared Swim 2 - 4 p.m.	Public Swim 2 - 4 p.m.	Lane Swim - Adult/Youth 2:30 - 3:30 p.m.	
					Pool Area CLOSED	
					Schedule Subject to Change.	
Aqua Fitness 8:05 - 8:55 p.m. Mary Lou		Aqua Fitness 8:05 - 8:55 p.m. Julie D.			Lane Swim - Adult/Youth 8:30 - 9:30 p.m.	
Lane Swim - Adult/Youth 9 - 10 p.m.		Lane Swim 9 - 10 p.m.				Lane Swim - Adult/Youth 9 - 10 p.m.
	Lane Swim 9 - 10 p.m.	Lane Swim - Adult/Youth 9 - 10 p.m.	Lane Swim 9 - 10 p.m.		 Visit <a href="http://calgary.ca/KillarneyPool">calgary.ca/KillarneyPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.	



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## Dive Tank & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Deep Water Workout</b> 6:10 - 7 a.m. Matthew	<b>Self-Led Dive Tank Exercise</b> 6 - 7 a.m.	<b>Deep Water Workout</b> 6:10 - 7 a.m. Sandra	<b>Self-Led Dive Tank Exercise</b> 6 - 7 a.m.	<b>Deep Water Workout</b> 6:10 - 7 a.m. Naz			
<b>Deep Water Workout</b> 7:10 - 8 a.m. Matthew	<b>Deep Water Workout</b> 7:10 - 8 a.m. Chantel	<b>Deep Water Workout</b> 7:10 - 8 a.m. Sandra	<b>Deep Water Workout</b> 7:10 - 8 a.m. Navin	<b>Deep Water Workout</b> 7:10 - 8 a.m. Naz			
<b>Self-Led Dive Tank Exercise</b> 8 - 9 a.m.	<b>Self-Led Dive Tank Exercise</b> 8 - 9 a.m.	<b>Self-Led Dive Tank Exercise</b> 8 - 9 a.m.	<b>Self-Led Dive Tank Exercise</b> 8 - 9 a.m.	<b>Self-Led Dive Tank Exercise</b> 8 - 9 a.m.			
<b>Open Dive Tank</b> 9 a.m. - 12 p.m. <i>Subject to change due to school board lessons.</i>						<b>Deep Water Workout</b> 7:40 - 8:30 a.m. Jennifer	<b>Deep Water Workout</b> 7:40 - 8:30 a.m. Julie D.
						<b>Open Dive Tank</b> 9:30 - 11:30 a.m.	<b>Self-Led Dive Tank Exercise Shared</b> 11:30 a.m. - 12:30 p.m.
<b>50+ Deep Water Workout (Gentle 3)</b> 12:05 - 1 p.m. Caitlin	<b>Deep Water Workout</b> 12:05 - 1 p.m. Matthew	<b>50+ Deep Water Workout (Gentle 3)</b> 12:05 - 1 p.m. Izabela	<b>Deep Water Workout</b> 12:05 - 1 p.m. Candace	<b>50+ Deep Water Workout (Gentle 3)</b> 12:05 - 1 p.m. Matthew	<b>Open Dive Tank</b> 12:30 - 2:30 p.m.	<b>Hot Tub CLOSED for cleaning</b> 1 - 3:30 p.m.	
		<b>Self-Led Dive Tank Exercise</b> 1 - 2 p.m.		<b>Self-Led Dive Tank Exercise</b> 1 - 2 p.m.			
<b>Tethered Deep Water Workout</b> 2:15 - 3 p.m. Candace	<b>Open Dive Tank</b> 2:15 - 4:30 p.m.	<b>Tethered Deep Water Workout</b> 2:15 - 3 p.m. Jennifer	<b>Open Dive Tank</b> 2:15 - 4:30 p.m.	<b>Open Dive Tank</b> 2 - 4:30 p.m.			
<b>Open Dive Tank</b> 3:15 - 4:30 p.m.		<b>Open Dive Tank</b> 3:15 - 4:30 p.m.					
					<b>Self-Led Dive Tank Exercise</b> 2:30 - 3:30 p.m.		
					<b>Schedule Subject to Change.</b>		
<b>Tethered Deep Water Workout</b> 7:10 - 7:55 p.m. Mary Lou		<b>Tethered Deep Water Workout</b> 7:10 - 7:55 p.m. Julie D.		<b>Deep Water Workout</b> 7:30 - 8:30 p.m. Ruby/Brenda	<div></div> <p>Visit <a href="https://calgary.ca/KillarneyPool">calgary.ca/KillarneyPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p>		
<b>Deep Water Workout</b> 8:05 - 8:55 p.m. Julie L..		<b>Deep Water Workout</b> 8:05 - 8:55 p.m. Brenda (begin May 14)		<b>Self-Led Dive Tank Exercise</b> 8:30 - 9:30 p.m.			
<b>Self-Led Dive Tank Exercise</b> 9 - 10 p.m.		<b>Open Dive Tank</b> 9 - 10 p.m.		<b>Self-Led Dive Tank Exercise</b> 9 - 10 p.m.			<b>Open Dive Tank</b> 9 - 10 p.m.



## Dry Land DROP-IN Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Mind-Body Flow *</b> Multipurpose C 6:05 - 6:55 a.m. Naz	<b>NEW Total Body Strength</b> Fitness Studio 6:15 - 7 a.m. Darryl	<b>Mind-Body Flow *</b> Multipurpose C 6:05 - 6:55 a.m. Sue			
		<b>Pure Cycle</b> Fitness Studio 7:15 - 8 a.m. Darryl		<b>Stretch &amp; Restore *</b> Fitness Studio 7:45 - 8:45 a.m. Michelle	<b>Total Body Workout</b> Fitness Studio 8 - 8:50 a.m. Nora	<b>Cardio Kickboxing</b> Fitness Studio 8 - 8:50 a.m. Erika
<b>Zumba®</b> Fitness Studio 9 - 10 a.m. Jennifer	<b>NEW Total Body Strength</b> Fitness Studio 9 - 10 a.m. Madeleine	<b>Mind-Body Flow *</b> Fitness Studio 9 - 10 a.m. Izabela	<b>Core Conditioning</b> Fitness Studio 9 - 10 a.m. Michelle	<b>Pure Cycle</b> Fitness Studio 9 - 10 a.m. Madeleine	<b>Zumba®</b> Fitness Studio 9 - 10 a.m. Jennifer	<b>Mind-Body Flow *</b> Fitness Studio 9 - 10 a.m. Erika
<b>Total Body Workout</b> Fitness Studio 10:15 - 11:15 a.m. Jennifer	<b>Stretch &amp; Restore *</b> Multipurpose C 10:15 - 11:15 a.m. Madeleine	<b>Total Body Workout</b> Fitness Studio 10:15 - 11:15 a.m. Izabela	<b>Mind-Body Flow *</b> Multipurpose C 10:15 - 11:15 a.m. Michelle	<b>NEW Total Body Strength</b> Fitness Studio 10:15 - 11:15 a.m. Madeleine	<b>Stretch &amp; Restore *</b> Multipurpose C 10:15 - 11:15 a.m. Ted	<b>Zumba®</b> Fitness Studio 10:15 - 11:15 a.m. Hiroe
<b>Stretch &amp; Restore *</b> Fitness Studio 11:20 - 11:50 a.m. Jennifer	<b>Balance and Strength (Gentle 2)</b> Fitness Studio 10:15 - 11:15 a.m. Connie  11:25 a.m. - 12:25 p.m. Katherine	<b>Stretch &amp; Restore *</b> Fitness Studio 11:20 - 11:50 a.m. Izabela	<b>Balance and Strength (Gentle 2)</b> Fitness Studio 10:15 - 11:15 a.m. Katherine  11:25 a.m. - 12:25 p.m. Munira	<b>NEW Outdoor Nordic Pole Walking</b> Multipurpose B 11:45 a.m. - 12:45 p.m. Agatha		
<b>Cardio Kickboxing</b> Fitness Studio 12 - 1 p.m. Emm/Marie	<b>Stretch &amp; Restore *</b> Multipurpose C 12 - 1 p.m. Madeleine	<b>Zumba®</b> Fitness Studio 12 - 12:55 p.m. Jennifer	<b>Stretch &amp; Restore *</b> Multipurpose C 12 - 1 p.m. Wendy	<b>Cycle Pump</b> Fitness Studio 12 - 1 p.m. Ron		
<b>NEW Strong &amp; Steady (Gentle 1)</b> Multipurpose C 1:10 - 2 p.m. Jen	<b>Strong &amp; Steady (Gentle 1)</b> Multipurpose C 1:10 - 2 p.m. Izabela		<b>Strong &amp; Steady (Gentle 1)</b> Multipurpose C 1:10 - 2 p.m. Wendy		<p><b>Schedule Subject to Change.</b></p>  <p>Visit <a href="https://calgary.ca/KillarneyPool">calgary.ca/KillarneyPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> <p><b>*Must bring your own yoga mat.</b></p>	
<b>50+ Fitness (Gentle 3)</b> Fitness Studio 1:15 - 2:15 p.m. Naz	<b>Strong &amp; Steady (Gentle 1)</b> Multipurpose C 2:10 - 3 p.m. Izabela	<b>50+ Fitness (Gentle 3)</b> Fitness Studio 1:15 - 2:15 p.m. Naz	<b>Strong &amp; Steady (Gentle 1)</b> Multipurpose C 2:10 - 3 p.m. Wendy	<b>Dance Yourself Fit - Light (Gentle 3)</b> Fitness Studio 1:15 - 2:15 p.m. Rosemarie		
<b>Mind-Body Flow *</b> Fitness Studio 2:25 - 3:25 p.m. Naz		<b>Mind-Body Flow *</b> Fitness Studio 2:25 - 3:25 p.m. Naz		<b>Mind-Body Flow *</b> Fitness Studio 2:25 - 3:25 p.m. Rosemarie		
	<b>Cardio &amp; Strength Intervals</b> Fitness Studio 6 - 7 p.m. Ted/Stephanie	<b>Total Body Workout</b> Fitness Studio 4:45 - 5:45 p.m. Ron	<b>Pure Cycle</b> Fitness Studio 6 - 7 p.m. Ted			
	<b>Mind-Body Flow *</b> Fitness Studio 7:15 - 8:15 p.m. Izabela		<b>Zumba®</b> Fitness Studio 7:15 - 8:15 p.m. Chantel			



# Killarney Aquatic & Recreation Centre

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## Tot/Kiddie Pool & Preschool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7:30 - 9:00 a.m.	Tot Pool Open 7:30 a.m. - 12:30 p.m.
					Tot Pool Open 12:30 - 2:30 p.m.	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Play Multipurpose A 7 a.m. - 1 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 7:30 a.m. - 2:30 p.m.
			Active Play Multipurpose A 10 a.m. - 2:30 p.m.			
	Active Play Multipurpose A 10 a.m. - 6 p.m.				Active Play Multipurpose A 10 a.m. - 6 p.m.	Schedule Subject to Change. 
Active Play Multipurpose A 2:30 - 6 p.m.						
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