



Killarney Aquatic & Recreation Centre

1919 29 Street S.W.

January 2 - March 31, 2023

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 7 a.m.		Lane Swim 6 - 7 a.m.		Lane Swim 6 - 7 a.m.		
NEW Deep Water Workout 6:10 - 7 a.m. Laurie	Reserved for Swim Club 6 - 7 a.m.	NEW begin Feb 1 Deep Water Workout 6:10 - 7 a.m. Sandra	Reserved for Swim Club 6 - 7 a.m.	NEW Deep Water Workout 6:10 - 7 a.m. Naz		
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 7:10 - 8 a.m. Laurie	Deep Water Workout 7:10 - 8 a.m. Caitlin	Deep Water Workout 7:10 - 8 a.m. Sandra	Deep Water Workout 7:10 - 8 a.m. Gay Lynn / Navin	Deep Water Workout 7:10 - 8 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 8:10 - 9 a.m. Laurie	Aqua Fitness 8:10 - 9 a.m. Caitlin	Aqua Fitness 8:10 - 9 a.m. Sandra	Aqua Fitness 8:10 - 9 a.m. Gay Lynn / Navin	Aqua Fitness 8:10 - 9 a.m. Naz	Swim Lessons 8:30 a.m. - 12:30 p.m.	Reserved for Swim Club 8:30 - 9:30 a.m.
Reserved for School Board Swimming Lessons 9 a.m. - 12 p.m. Check calgary.ca/dropin for more swim times						Family Swim 9:30 - 11:30 a.m.
Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.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. Theresa	NEW Tethered Deep Water Workout 11:05 - 11:50 a.m. Julie	Deep Water Workout 11 - 11:50 a.m. Theresa	NEW Tethered Deep Water Workout 11:05 - 11:50 a.m. Candace	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 - 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/dropin</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.		
Tethered Deep Water Workout 6:10 - 6:55 p.m. Cynthia	Swimming Lessons 6 - 8:30 p.m.	Tethered Deep Water Workout 6:10 - 6:55 p.m. Julie	Swimming Lessons 6 - 8:30 p.m.	Deep Water Workout 6:10 - 7:10 p.m. Cynthia		
Deep Water Workout 7 - 8 p.m. Cynthia		Deep Water Workout 7 - 8 p.m. Julie		Junior Lifeguard Club 7 - 8:30 p.m.		
Lane Swim 7 - 9 p.m.	Lane Swim Shared 8 - 9 p.m.	Lane Swim 7 - 9 p.m.	Lane Swim Shared 8 - 9 p.m.	Pool Area Closed 8:30 - 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.		
NEW Preschool - All About Animals (Registered) Multipurpose B 9 - 10:30 a.m. Meagan		NEW Preschool - Open Playtime (Registered) Multipurpose B 9 - 11 a.m. Meagan			Active Play Multipurpose A 7:30 a.m. - 2:30 p.m.	Active Play Multipurpose A 7:30 a.m. - 2:30 p.m.
NEW Preschool - Music Makers (Registered) Multipurpose B 10:45 a.m. - 12:15 p.m. Meagan					Tot Pool Open 7:30 - 8:30 a.m.	Tot Pool Open 7:30 - 11:30 a.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. - 7 p.m.	Closed for Swim Lessons 8:30 a.m. - 12:30 p.m.	
Tot Pool Open 7 a.m. - 8 p.m.		Tot Pool Open 7 a.m. - 8 p.m.			Tot Pool Open 12:30 - 2 p.m.	
					Closed Adult/ Youth Only 2 - 3:30 p.m.	Closed for Swim Lessons 11:30 a.m. - 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 12 - 6 p.m.		Active Play Multipurpose A 11 a.m. - 6 p.m.				
	Closed for Swimming Lessons 6 - 8 p.m.		Closed for Swimming Lessons 6 - 8 p.m.			
				Closed for Swimming Lessons 7 - 8:30 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.			
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Dry Land DROP-IN Fitness 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 C 10:15 - 11:15 a.m. Helen	Total Body Workout Fitness Studio 10:15 - 11:15 a.m. Madeleine	NEW Stretch & Restore * Multipurpose B 10:15 - 11:15 a.m. Ted	NEW Zumba® Fitness Studio 10:15 - 11:15 a.m. Hiroe
	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			
Cardio Kickboxing Fitness Studio 12 - 1 p.m. Emm	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	Cycle Pump Fitness Studio 12 - 1 p.m. David		
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		
Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Naz		Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Naz		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/dropin</p>	
	Cardio & Strength Intervals Fitness Studio 6 - 7 p.m. Gretchen		Pure Cycle Fitness Studio 6 - 7 p.m. Ted			
	Mind-Body Flow * Fitness Studio 7:15 - 8:15 p.m. Izabela		Zumba® Fitness Studio 7:15 - 8:15 p.m. Hiroe			



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Dry Land REGISTERED Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				NEW Parent & Baby - Yoga * Multipurpose B 9:15 - 10:05 a.m. Naz	Weight Room Orientation Weight Room 9 - 10 a.m. Iris	
				Yoga For a Healthy Back * Multipurpose C 9:30 - 10:30 a.m. Agatha	Karate Introductory - For Everyone (7+ yrs) Fitness Studio 10:10 - 11:10 a.m. Heather	
	NEW Parent & Baby - Strong Fitness Studio 12 - 1 p.m. Susan			NEW Prenatal Yoga * Multipurpose B 10:20 - 11:10 a.m. Naz	Karate Continuing - For Everyone (7+ yrs) Fitness Studio 11:20 - 12:20 p.m. Heather	
	NEW Cycle & Core Introductory Fitness Studio 1:45 - 2:45 p.m. Laurie		NEW Cycle & Core Introductory Fitness Studio 1:15 - 2:15 p.m. David	Small Group Training - Power Hour Circuit Weight Room 11:30 a.m. - 12:30 p.m. Madeleine	Self Defense & Awareness Workshop Fitness Studio 12:30 - 2:30 p.m. Heather	
Barre Multipurpose C 5:15 - 6:15 p.m. Agatha	Alberta Cancer Exercise - Survivorship Fitness Studio 4 - 4:45 p.m. - Maintenance 5 - 5:45 p.m. Iris		Alberta Cancer Exercise - Survivorship Fitness Studio 4 - 4:45 p.m. - Maintenance 5 - 5:45 p.m. Iris			
NEW Essentrics * Multipurpose C 6:30 - 7:30 p.m. Zsuzsa						
NEW Kickboxing Fitness Studio 4:50 - 5:50 p.m. Charles	NEW Prenatal Yoga * Multipurpose C 5:10 - 6:10 p.m. Valarie	NEW Postnatal Yoga * Multipurpose C 5 - 6 p.m. Valarie	NEW Pilates for All Levels * Multipurpose C 4:45 - 5:45 p.m. Cristina	NEW Taekwondo - Kids (6 - 9 yrs) Fitness Studio 5:15 - 6 p.m. Carlos		
NEW Yoga * Fitness Studio 6 - 7 p.m. Kathy	Tai Chi (Gentle 3) Multipurpose C 6:30 - 7:30 p.m. Yan	Karate Introductory - For Everyone (7+ yrs) Fitness Studio 6 - 7 p.m. Tannys	NEW Yoga For a Healthy Back * Multipurpose C 6 - 7 p.m. Cristina	NEW Taekwondo - Kids (10 - 12 yrs) Fitness Studio 6:10 - 7:10 p.m. Carlos		
Yoga For a Healthy Back * Fitness Studio 7:15 - 8:15 p.m. Kathy		Karate Continuing - For Everyone (7+ yrs) Fitness Studio 7:10 - 8:10 p.m. Tannys	NEW Barre Multipurpose C 7:15 - 8:15 p.m. Erika	NEW Taekwondo Introductory - For Everyone (6+ yrs) Fitness Studio 7:20 - 8:20 p.m. Carlos		

Subject to change.
Visit calgary.ca/killarneypool for the latest facility schedules, hours of operation and rates.

*** Must bring your own mat to all Yoga, Pilates & Mind Body Flow classes***

To register for programs visit calgary.ca/liveandplay