



Renfrew Aquatic & Recreation Centre

810 13 Avenue N.E.
July 2 - Sept 4, 2022

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 a.m. - 9 a.m.	Lane Swim 6 a.m. - 9 a.m.	Lane Swim 6 a.m. - 9 a.m.	Lane Swim 6 a.m. - 9 a.m.	Lane Swim 6 a.m. - 9 a.m.	Lane Swim 7:30 a.m. - 9 a.m.	Lane Swim 7:30 - 10 a.m.
Swimming Lessons 9 a.m. - 12 p.m. Additional swim times may be available. Please check calgary.ca/renfrewpool					Deep Water Workout 9 - 9:55 a.m. Navin	
Lane Swim 12 - 1 p.m.	Public Swim 12 - 2 p.m.	Lane Swim 12 - 1 p.m.	Public Swim 12 - 2 p.m.	Lane Swim 12 - 1 p.m.	Aquacise 10 - 11 a.m. Navin	Public Swim/ Shared 10 a.m. - 1:30 p.m.
Deep Water Workout 12 - 12:55 p.m. Julie		Deep Water Workout 12 - 12:55 p.m. Kandi		Deep Water Workout 12 - 12:55 p.m. Jen / Jody	Public Swim 11 a.m. - 1 p.m.	
Aquacise 1 - 2 p.m. Julie		Aquacise 1 - 2 p.m. Kandi		Aquacise 1 - 2 p.m. Jen / Jody		
Public Swim 2 - 4 p.m.	50+ Aquacise (Gentle 3) 2 - 2:45 p.m. Kandi	Public Swim 2 - 4 p.m.	50+ Aquacise (Gentle 3) 2 - 2:45 p.m. Marianne	Public Swim 2 - 4 p.m.	Leadership Courses 1 - 2:30 p.m.	Hot Tub Closed 1:30 - 3:30 p.m.
Lane Swim 4 - 5:45 p.m.	Lane Swim 2:45 - 5 p.m.	Lane Swim 4 - 5:45 p.m.	Public Swim 2:45 - 5 p.m.	Tethered Deep Water Workout (Registered) 4:30 - 5:15 p.m. Rahmi		Family Swim/ Shared 2:30 - 3:30 p.m.
Deep Water Workout 5 - 5:45 p.m. Jody	Swimming Lessons 5 - 8 p.m.	Deep Water Workout 5 - 5:45 p.m. Agatha	Swimming Lessons 5 - 8 p.m.	Lane Swim 4 - 6 p.m.		
Aquacise 5:45 - 6:30 p.m. Jody		Aquacise 5:45 - 6:30 p.m. Agatha		Public Swim 6 - 8 p.m.		
Public Swim/ Shared 6:30 - 8 p.m.		Public Swim/ Shared 6:30 - 8 p.m.				
ADULT Lane Swim 8 - 9 p.m.	ADULT Lane Swim 8 - 9 p.m.	ADULT Lane Swim 8 - 9 p.m.	ADULT Lane Swim 8 - 9 p.m.	ADULT Lane Swim 8 - 9 p.m.	Subject to change. Visit calgary.ca/renfrewpool for the latest facility schedules, hours of operation, and rates. To sign up for instructor-led classes visit calgary.ca/liveandplay	

Dry Land Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Total Body Workout 6:15 - 7:10 a.m. Sherry		Total Body Workout 6:15 - 7:10 a.m. Cindy			
	Momentum 8:30 - 9:20 a.m. Rahmi					Mind Body Flow * 8:30 - 9:25 a.m. Rahmi
Mind Body Flow * 9 - 10 a.m. Marianne	Yoga - Multi Level * (Registered) 9:30 - 10:30 a.m. Rahmi	Pure Cycle 9 - 10 a.m. Marie		Mind Body Flow * 9:30 - 10:30 a.m. Kandi	Cardio & Strength Intervals 9 - 10 a.m. Sherry	Mind Body Flow * 9:30 - 10:25 a.m. Rahmi
Living Healthy - Easy Going (Gentle 1) 10:45 - 11:30 a.m. Elise				Living Healthy - Easy Going (Gentle 1) 10:45 - 11:30 a.m. Kandi	Pure Cycle 10:15 - 11:15 a.m. Shona / Kordi	Zumba © 10:30 - 11:25 a.m. Rahmi
Ever Active (Gentle 3) 11:45 a.m. - 12:45 p.m. Elise		Strength & Restore 12 - 12:55 p.m. Shona		Ever Active (Gentle 3) 11:45 a.m. - 12:45 p.m. Kandi		Total Body Workout 11:35 a.m.- 12:30 p.m. Naz
	50+ Fitness (Gentle 3) 1 - 1:50 p.m. Kandi	Zumba Gold © (Gentle 3) 1 - 2 p.m. Rahmi	50+ Fitness (Gentle 3) 1 - 1:50 p.m. Cindy			
					NEW Outdoor Tai Chi (Registered) 2:15 - 3:15 p.m. Yan	
	Step 5 - 5:50 p.m. Kordi			Zumba © 5:30 - 6:30 p.m. Rahmi		
NEW Pilates (Registered) 6 - 7 p.m. Travis	Total Body Strength 6 - 7 p.m. Nicole		Cardio & Strength Intervals 6 - 7 p.m. Nicole			
NEW Outdoor Total Strength (Registered) 7:15 - 8:15 p.m. Ted						
	Yoga - Multi Level * (Registered) 7:15 - 8:15 p.m. Val	Yoga Beginner * (Registered) 7:15 - 8:15 p.m. Val				

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

To sign up for instructor-led
classes visit
calgary.ca/liveandplay