



# Shouldice Aquatic Centre

5303 Bowness Road N.W.  
January 3- March 31, 2023

## Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Lane Swim 6 - 8 a.m.		Lane Swim 6 - 8 a.m.		
		Aqua Fitness 8 - 9 a.m. Maggie		Aqua Fitness 8 - 9 a.m. Wendy		
		Lane/Family Swim Shared 9 - 11 a.m.		Lane/Family Swim Shared 9 - 11 a.m.		
		Lane Swim 11 a.m. - 2 p.m.		Lane Swim 11 a.m. - 2 p.m.		
	Lane Swim 12 - 4 p.m.	Dive Tank <u>not Available</u> 2 - 4 p.m.	Lane Swim 12 - 4 p.m.	Self Led Dive Tank 1 - 2 p.m.		
		Public Swim / Lane Swim Shared 2 - 4 p.m.	Dive Tank <u>not Available</u> 12 - 8 p.m.	Public Swim 2 - 4 p.m.		
	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	<p><b>Subject to change.</b> Visit <a href="http://calgary.ca/shouldicepool">calgary.ca/shouldicepool</a> for the latest facility schedules, hours of operation and rates.</p> <p>To sign up for instructor led classes visit <a href="http://calgary.ca/dropin">calgary.ca/dropin</a></p>	
	Lane Swim 6 - 8 p.m.	Self Led Dive Tank 5 - 6 p.m.				
		Public Swim 6 - 8 p.m.	Swimming Lessons 6 - 8 p.m.	Swimming Lessons 6 - 8 p.m.		
	Self Led Dive Tank 7 - 8 p. m.		Deep Water Workout 7 - 8 p.m. Wendy			