


Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED		Lane Swim 6 - 8 a.m.		Lane Swim 6 - 8 a.m.	CLOSED	CLOSED
				Deep Water Workout 7 - 7:55 a.m.		
		Aqua Fitness 8 - 8:55 a.m. Maggie		Aqua Fitness 8 - 8:55 a.m. Wendy		
		Lane Swim / Family Swim Shared 9 a.m. - 12 p.m.		Lane Swim / Family Swim Shared 9 a.m. - 12 p.m.		
	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 2 p.m.		
		Deep Water Workout 1 - 1:55 p.m. Mary Lou				
	Lane Swim / Public Swim Shared * 2 - 4 p.m.	Lane Swim / Public Swim Shared * 2 - 4 p.m.	Lane Swim / Public Swim Shared * 2 - 4 p.m.	Public Swim 2 - 4 p.m.		
				Deep Water Workout 6 - 7 p.m. Wendy/Julie		
		Public Swim 6 - 8 p.m.		Self-Led Dive Tank 7 - 8 p.m.		
			Lane Swim 7 - 8 p.m.			
Schedule Subject to Change.						
						
Visit calgary.ca/ShouldicePool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.						
* DIVE TANK UNAVAILABLE						