



Sir Winston Churchill Aquatic Centre

1520 Northmount Dr NW.

Oct 3 - Nov 28, 2022

Drop-In Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 7 a.m.	Reserved for Booking 6 - 8 a.m.	Lane Swim 6 - 7 a.m.	Reserved for Booking 6 - 8 a.m.	Lane Swim 6 - 8 a.m.		Lane Swim 7:30 - 8:30 a.m.
Deep Water Workout 7 - 7:55 a.m.	Deep Water Workout 6:45 - 7:45 a.m.	Reserved for Booking 7 - 8 a.m.	Deep Water Workout 6:45 - 7:45 a.m.	Deep Water Workout 7 - 7:55 a.m.	Lane Swim 7:30 - 9 a.m.	Aqua Fitness 8:30 - 9:25 am
Aqua Fitness 8 - 8:55 am	Lane Swim/ Walk 8 - 9 a.m.	Aqua Fitness 8 - 8:55 am	Lane Swim/ Walk 8 - 9 a.m.	Aqua Fitness 8 - 8:55 am	Swimming Lessons 9 a.m. - 12 p.m.	Lane Swim 9:30 a.m. - 12 p.m.
Reserved for School Lessons 9 a.m. - 12 p.m. Additional swim times may be available. Please check calgary.ca/churchillpool						Deep Water Workout 9:30 - 10:30 a.m.
Lane Swim/ Walk 12 - 1 p.m.	Aqua Fitness 12 - 1p.m.	Lane Swim/ Walk 12 - 1 p.m.	Aqua Fitness 12 - 1 p.m.	Lane Swim/ Walk 12 - 1 p.m.	Family Swim 12 - 1 p.m.	Family Swim 12 - 1 p.m.
	Tethered Deep Water (Registered) 12 - 1 p.m.		Tethered Deep Water (Registered) 12 - 1 p.m.		Public Swim 1 - 2:30 p.m.	Public Swim 1 - 2:30 p.m.
Reserved for School Lessons 1 - 3 p.m.					Adult/Youth Lane Swim 2:30 - 3:30 p.m.	Adult/Youth Lane Swim 2:30 - 3:30 p.m.
Public/Lane Swim 3 - 4 p.m.	Public/Lane Swim 3 - 4 p.m.	Public/Lane Swim 3 - 4 p.m.	Public/Lane Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Please visit calgary.ca/churchillpool for the latest schedules, admission rates and class descriptions. To sign up for instructor lead classes visit Calgary.ca/liveandplay	
Reserved for Booking 4 - 6 p.m.						
Deep Water Workout 5 - 6 p.m.		Swimming Lessons 6 - 7:30 p.m.		Tethered Deep Water (Registered) 5 - 6 p.m.		
Swimming Lessons 6 - 8 p.m.	Swimming Lessons 6 - 8 p.m.	Adult/Youth Lane Swim 7:30 - 9 p.m.	Swimming Lessons 6 - 8 p.m.	Swimming Lessons 6 - 7:30 p.m.		
Adult/Youth Lane Swim 8 - 9 p.m.	Adult/Youth Lane Swim 8 - 9 p.m.		Adult/Youth Lane Swim 8 - 9 p.m.	Public Swim 7:30 - 9 p.m.		

Dry Land Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio & Strength Intervals 6:05 - 6:55 a.m. Liette			Cardio & Strength Intervals 6:05 - 6:55 a.m. Liette		Additional class during Renfrew Closure ONLY	
	50+ Fitness (Gentle 3) (Registered) 8 - 9 a.m. Carolyn		Momentum 8:05 - 8:55 a.m. Rahmi			
Total Body Workout 9 - 10 a.m. Julie		Mind Body Flow * 9 - 10 a.m. Bonita	Zumba Gold® (Gentle 3) 9:05 - 10:05 a.m. Rahmi	Cardio Strength Intervals 9 - 10 a.m. Julie	Cardio & Strength Intervals 9 - 10 a.m. Sherry (Starts Nov 26)	Step Pump 9 - 10 a.m. Carolyn
50+ Fitness (Gentle 3) 10:05 - 11 a.m. Bonita		50+ Fitness (Gentle 3) 10:05 - 11 a.m. Bonita	Mind Body Flow * 10:15 - 11:15 a.m. Rahmi	50+ Fitness (Gentle 3) 10:20 - 11:15 a.m. Laurie		
	Balance & Strength (Gentle 2) 11:45 a.m. - 12:45 p.m. Naz	ACE (Registered) 11:30 a.m. - 12:30 p.m. Marianne	Balance & Strength (Gentle 2) MPA Naz 10:40 - 11:35 a.m.	ACE (Registered) 11:30 a.m. - 12:30 p.m. Marianne		
	Stretch & Restore 12:50 - 1:50 p.m. Naz		Total Body Workout 11:40 a.m. - 12:40 p.m. Naz			
		Bone Builders (Registered) 1:45 - 2:45 pm Judi	Stretch & Restore 12:45 - 1:45 pm Naz		Zumba® 2:15 - 3:15 pm Rahmi	
	Zumba Gold® (Gentle 3) 2:45 - 3:35 p.m. Rahmi				Subject to change Please visit calgary.ca/churchillpool for the latest schedules, admission rates and class descriptions. * Must bring your own mat to all Yoga, Pilates & Mind Body Flow classes* To sign up for instructor lead classes visit Calgary.ca/liveandplay	
	Mind Body Flow * 3:40 - 4:30 p.m. Rahmi					
Core Conditioning 6 - 7 p.m. Julie	Sweat & Restore 4:45 - 5:45 p.m. Judi					
Pilates—Introductory (Registered) 7:30 - 8:30 p.m. Wendy		Total Body Workout 6 - 7 p.m. Julie	Pure Strength (Registered) 6 - 7 pm Marie			