




Sir Winston Churchill Aquatic Centre

1520 Northmount Dr NW.


April - June, 2025

Drop-In Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 8 a.m.	Self - Led Dive Tank 6 - 9 a.m.	Lane Swim 6 - 8 a.m.	Self - Led Dive Tank 6 - 7 a.m.	Lane Swim 6 - 8 a.m.	Facility Opens @ 7:30 a.m.	
Self - Led Dive Tank 6 - 9 a.m.		Self - Led Dive Tank 6 - 9 a.m.	Deep Water Workout 7 - 7:50 a.m. Rahmi	Self - Led Dive Tank 6 - 9 a.m.	Hot Tub Closes @ 12:30 p.m.	
Aqua Fitness 8 - 8:50 a.m. Julie H.	Lane Swim / Lane Walking 7:30 - 9 a.m.	Lane Swim/ Lane Walking 8 - 9 a.m.	Deep Water Workout 8 - 8:50 a.m. Rahmi	Aqua Fitness 8 - 8:50 a.m. Julie H.	Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 8:30 a.m.
			Lane Swim / Lane Walking 7:30 - 9 a.m.		Self - Led Dive Tank 7:30 - 8:30 a.m.	Deep Water Workout 7:40 - 8:30 a.m. Ruby
						Self - Led Dive Tank 8:35 - 9:30 a.m.
						Aqua Fitness 8:35 - 9:25 a.m. Ruby
Lane Swim/Lane Walking Shared 12 - 1 p.m.	Aqua Fitness 12:05 - 1 p.m. Julie H.	Lane Swim/Lane Walking Shared 12 - 1 p.m.	Aqua Fitness 12:05 - 1 p.m. Jody	Lane Swim/Lane Walking Shared 12 - 1 p.m.		
12 - 1 p.m. * Registered class to begin April 7	Self - Led Dive Tank 12 - 1 p.m.	12 - 1 p.m. * Registered class to begin April 2	Self - Led Dive Tank 12 - 1 p.m.	12 - 1:00 p.m. * Registered class to begin April 4	Public Swim 12:30 - 2:30 p.m.	Public Swim 12:30 - 2:30 p.m.
Public Swim/ Lane Swim Shared - (Main Pool Only Tuesdays & Fridays) 3 - 4 p.m.					Adult / Youth Lane Swim 2:30 - 3:30 p.m.	Adult / Youth Lane Swim 2:30 - 3:30 p.m.
	Deep Water Workout 3 - 3:50 p.m. Julie H.			Deep Water Workout 3 - 3:50 p.m. Cori Ann		
				Self - Led Dive Tank 4 - 6 p.m.	Self - Led Dive Tank 2:30 - 3:30 p.m.	Self - Led Dive Tank 2:30 - 3:30 p.m.
Self - Led Dive Tank 4 - 5 p.m.					Schedule Subject to Change. 	
Deep Water Workout 5 - 6 p.m. Wendy		Public Swim 7:30 - 9 p.m.				
				Public Swim 7:30 - 9 p.m.		
Adult/Youth Lane Swim 9 - 10 p.m.	Adult/Youth Lane Swim 9 - 10 p.m.	Adult/Youth Lane Swim 9 - 10 p.m.	Adult/Youth Lane Swim 9 - 10 p.m.			
Self - Led Dive Tank 9 - 10 p.m.	Self - Led Dive Tank 9 - 10 p.m.	Self - Led Dive Tank 9 - 10 p.m.	Self - Led Dive Tank 9 - 10 p.m.	Facility Closed @ 9 p.m.	Please visit calgary.ca/ChurchillPool for the latest schedules, admission rates and class descriptions.	



Drop-in Dry Land Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Facility Opens @ 7:30 a.m.	
	Total Body Workout 6:10 - 7 a.m. Liette		Total Body Workout 6:10 - 7 a.m. Liette	Additional classes added during Renfrew closure. These classes will return to Renfrew upon opening.		Mind Body Flow * 8:30 - 9:25 a.m. Rahmi <i>April & May Only</i>
Total Body Workout 9 - 9:55 a.m. Julie	Cardio Strength Intervals 9 - 9:55 a.m. Gretchen	Mind Body Flow * 9 - 10 a.m. Bonita	Total Body Workout 9 - 9:50 a.m. Rahmi	Cardio Strength Intervals 9 - 10 a.m. Julie	Cardio Pump 9 - 10 a.m. Marie/Liette/Stephanie	Mind Body Flow * 9:30 - 10:25 a.m. Rahmi <i>April & May Only</i>
Balance & Strength (Gentle 2) MPA 10 - 10:55 a.m. Connie	NEW! Step Pump 10:05 - 10:55 a.m. Gretchen	50+ Fitness (Gentle 3) 10:05 - 11 a.m. Bonita	Zumba Gold® (Gentle 3) 10 - 10:50 a.m. Rahmi		Stretch & Restore 10:10 - 11 a.m. Marie/Liette/TBD	Zumba® 10:30 - 11:25 a.m. Rahmi <i>April & May Only</i>
50+ Fitness (Gentle 3) 10:05 - 11 a.m. Bonita	NEW! 50+ Fitness (Gentle 3) 11:05 - 11:55 a.m. Julie H	NEW! Drum Fitness 11:00-11:45 a.m. MPA Maria	Mind Body Flow * 11 - 11:50 a.m. Rahmi	50+ Fitness (Gentle 3) 10:10 - 11:05 a.m. Connie	Zumba® 11:15 a.m. - 12:15 p.m. Hiroe	Total Body Workout 11:30 a.m.- 12:25 p.m. Rahmi <i>April & May Only</i>
Strength & Stretch (Gentle 3) MPA Bonita 11:05 - 11:55 a.m.	50+ Fitness (Gentle 3) 12 - 12:50 p.m. Naz		Balance & Strength (Gentle 2) MPA 11 - 11:50 a.m. Naz	Balance & Strength (Gentle 2) MPA 11:20 a.m. - 12:10 p.m. Connie	Current Hours of Operation: Usually includes fitness, weight room, hot tub and steam room Monday - Thursday 6 a.m. - 10 p.m. Friday 6 a.m. - 9 p.m. Sat & Sun 7:30 a.m. - 3:30 p.m.	
50+ Fitness (Gentle 3) 11:10 - 12:10 p.m. Connie	Stretch & Restore * 1 - 1:55 p.m. Naz		Total Body Workout 12 - 12:55 pm Naz			
	NEW TIME Zumba Gold® (Gentle 3) 2:20 - 3:15 p.m. Rahmi	Balance & Strength (Gentle 2) 2 - 2:50 p.m. Wendy	Stretch & Restore 1 - 1:55 pm Naz			
Zumba® 1:10 - 2 p.m. Maria	Mind Body Flow * 3:20 - 4:20 p.m. Rahmi	Mind Body Flow * 5 - 5:50 p.m. Darryl	Zumba® 2:05 - 3 p.m. Chieko	Dance Yourself Fit 2 - 2:50 p.m. Cori Ann	Schedule Subject to Change.  Please visit calgary.ca/ChurchillPool for the latest schedules, admission rates and class descriptions. <i>MPA: Multipurpose room (main floor)</i> <i>* Please bring yoga mat to class where noted by asterisk</i>	
Core Conditioning 6 - 6:50 p.m. Julie	Sweat & Restore 4:30 - 5:30 p.m. Jen	NEW! Total Body Strength 6 - 7 p.m. Darryl	NEW! Cardio Pump 5 - 6 p.m. Marie			