



# Sir Winston Churchill Aquatic Centre

1520 Northmount Dr NW.  
January 2 - April 2, 2023

## Drop-In Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 8 a.m.	Reserved for Booking 6 - 7:30 a.m.	Lane Swim 6 - 9 a.m.	Reserved for Booking 6 - 7:30 a.m.	Lane Swim 6 - 8 a.m.		Lane Swim 7:30 - 8:30 a.m.
Deep Water Workout 7 - 8 a.m.	Deep Water Workout 6:45 - 7:45 a.m.		Deep Water Workout 6:45 - 7:45 a.m.		Lane Swim 7:30 - 9 a.m.	
Aqua Fitness 8 - 8:55 a.m.	Lane Swim/ Walk 7:30 - 9 a.m.	Deep Water Workout 8 - 8:55 a.m.	Lane Swim/ Walk 7:30 - 9 a.m.	Aqua Fitness 8 - 8:55 a.m.	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 <a href="http://calgary.ca/churchillpool">calgary.ca/churchillpool</a>						
Lane Swim/ Walk 12 - 1 p.m.	Aqua Fitness 12 - 1 p.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.
					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.	<p style="text-align: center;"><b>Subject to change</b></p> <p>Please visit <a href="http://calgary.ca/churchillpool">calgary.ca/churchillpool</a> for the latest schedules, admission rates and class descriptions.</p> <p><b>To sign up for instructor lead classes visit <a href="http://Calgary.ca/dropin">Calgary.ca/dropin</a></b></p>	
Reserved for Booking 4 - 6 p.m.						
Deep Water Workout 5 - 6 p.m.		Swimming Lessons 6 - 7:30 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
<b>Cardio &amp; Strength Intervals</b> 6:05 - 6:55 a.m. Liette			<b>Cardio &amp; Strength Intervals</b> 6:05 - 6:55 a.m. Liette			
			<b>Momentum</b> 8:05 - 8:55 a.m. Rahmi			
<b>Total Body Workout</b> 9 - 10 a.m. Julie		<b>Mind Body Flow *</b> 9 - 10 a.m. Bonita	<b>Zumba Gold® (Gentle 3)</b> 9:05 - 10:05 a.m. Rahmi	<b>Cardio Strength Intervals</b> 9 - 10 a.m. Julie		<b>Step Pump</b> 9 - 10 a.m. Carolyn
<b>50+ Fitness (Gentle 3)</b> 10:05 - 11 a.m. Bonita	<b>50+ Fitness (Gentle 3) (Registered)</b> 10:45 - 11:45 a.m. Judi	<b>50+ Fitness (Gentle 3)</b> 10:05 - 11 a.m. Bonita	<b>Mind Body Flow *</b> 10:15 - 11:15 a.m. Rahmi	<b>50+ Fitness (Gentle 3)</b> 10:20 - 11:15 a.m. Marianne		
	<b>Balance &amp; Strength (Gentle 2)</b> 11:45 a.m. - 12:45 p.m. Naz	<b>ACE (Registered)</b> 11:30 a.m. - 12:30 p.m. Marianne	<b>Balance &amp; Strength (Gentle 2)</b> MPA Naz 10:40 - 11:35 a.m.	<b>ACE (Registered)</b> 11:30 a.m. - 12:30 p.m. Marianne		
	<b>Stretch &amp; Restore</b> 12:50 - 1:50 p.m. Naz	<b>ACE (Registered)</b> 12:45 p.m. - 1:45 p.m. Marianne	<b>Total Body Workout</b> 11:40 a.m. - 12:40 p.m. Naz	<b>ACE (Registered)</b> 12:45 p.m. - 1:45 p.m. Marianne		
<b>Bone Builders (Gentle 3) (Registered)</b> 2 - 3 p.m. Judi		<b>Bone Builders (Gentle 3) (Registered)</b> 2 - 3 p.m. Judi	<b>Stretch &amp; Restore</b> 12:45 - 1:45 pm Naz		<b>Zumba®</b> 2:15 - 3:15 pm Rahmi	
	<b>Zumba Gold® (Gentle 3)</b> 2:45 - 3:35 p.m. Rahmi				<p style="text-align: center;"><b>Subject to change</b></p> <p style="text-align: center;">Please visit <a href="http://calgary.ca/churchillpool">calgary.ca/churchillpool</a> for the latest schedules, admission rates and class descriptions.</p> <p style="text-align: center;"><b>* Must bring your own mat to all Yoga, Pilates &amp; Mind Body Flow classes*</b></p> <p style="text-align: center;">To sign up for instructor lead classes visit <a href="http://Calgary.ca/dropin">Calgary.ca/dropin</a></p>	
	<b>Mind Body Flow *</b> 3:40 - 4:30 p.m. Rahmi					
<b>Core Conditioning</b> 6 - 7 p.m. Julie	<b>Sweat &amp; Restore</b> 4:45 - 5:45 p.m. Judi					
<b>Pilates—Introductory (Registered)</b> 7:30 - 8:30 p.m. Wendy		<b>Total Body Workout</b> 6 - 7 p.m. Julie				