



Thornhill Aquatic & Recreation Centre

6715 Centre Street N.W.

April 3 - June 30, 2023

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim/ Walk 6 - 8 a.m.	Lane Swim/ Walk 6 - 9 a.m.	Lane Swim/ Walk 6 - 8 a.m.	Lane Swim/ Walk 6 - 9 a.m.	Lane Swim/ Walk 6 - 8 a.m.	Reserved for Swim Club 7:30 - 9 a.m.	Lane Swim/ Walk 7:30 - 8 a.m.
Aqua Fitness 8 - 9 a.m. Bonita		Aqua Fitness 8 - 9 a.m. Julie		Aqua Fitness 8 - 9 a.m. Navin	Aqua Fitness 9:05 - 10 a.m. Lorraine /	Tethered Deep Water Workout (Registered) 8 - 9 a.m. Robyn
Reserved for School Lessons 9 a.m. - 12 p.m. Additional swim times may be available. Please check calgary.ca/thornhillpool					Swimming Lessons 10 a.m. - 12 p.m.	Aqua Fitness 8 - 9 a.m.
Lane Swim/ Walk 12 - 1 p.m.	Aqua Fitness 12 - 1 p.m. Bonita	Lane Swim/ Walk 12 - 1 p.m.	Aqua Fitness 12 - 1 p.m. Bonita	Lane Swim/ Walk 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m. Lorraine /	Swimming Lessons 9 a.m. - 12 p.m.
	Deep Water Workout 12 - 1 p.m. Jody		Deep Water Workout 12 - 1 p.m. Mary Lou		Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.
Reserved for School Lessons 1 - 3 p.m. Additional swim times may be available. Please check calgary.ca/thornhillpool					Public Swim 1 - 2:30 p.m.	Public Swim 1 - 2:30 p.m.
Deep Water Workout 3 - 4 p.m. Jody	Public Swim 3 - 4:30 p.m.	Deep Water Workout 3 - 4 p.m. Dawn	Public Swim 3 - 4:30 p.m.	Public Swim 3 - 4 p.m.	Adult Only Lane Swim 2:30 - 3:30 p.m.	Adult Only Lane Swim 2:30 - 3:30 p.m.
Public Swim 3 - 4 p.m.		Public Swim 3 - 4 p.m.				Hot Tub Closed 1 - 3:30 p.m.
Reserved for Swim Club 4 - 6 p.m.					<p>Subject to change. Visit calgary.ca/thornhillpool for the latest facility schedules, hours of operation and rates.</p> <p>To sign up for instructor led classes visit calgary.ca/dropin</p>	
Deep Water Workout 4:50 - 5:50 p.m. Lorraine		Deep Water Workout 4:50 - 5:50 p.m. Lorraine				
Swimming Lessons 6 - 9 p.m.	Swimming Lessons 6 - 9 p.m.	Swimming Lessons 6 - 9 p.m.	Swimming Lessons 6 - 9 p.m.	JLC Program (Registered) 6 - 7:30 p.m.		
	Adult Lane Swim (Shared) 8 - 9 p.m.		Adult Lane Swim (Shared) 8 - 9 p.m.	Public Swim 7:30 - 9 p.m.		
	Tethered Deep Water Workout (Registered) 7:35 - 8:35 p.m. Agatha		Tethered Deep Water Workout (Registered) 7:35 - 8:35 p.m. Navin			



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Dry Land Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Workout 9:15 - 10:15 a.m. Wendy	Cardio Pump 9:15 - 10:15 a.m. Karen	Total Body Workout 9:15 - 10:15 a.m. Julie	Yoga for Healthy Backs * 9:30 - 10:30 a.m. (Registered) Agatha	Step Choreography 9:15 - 10:15 a.m. Shona	Total Body Workout 9 - 10 a.m. Kordi / Marie	Step Pump 9 - 10 a.m. Kordi
Balance & Strength (Gentle 2) 10:40 - 11:30 a.m. Wendy				Balance & Strength (Gentle 2) 10:40 - 11:30 a.m. Bonita	Mind Body Flow * 10:15 - 11:15 a.m. Lorraine <i>Every 2nd week</i>	Mind Body Flow * 10:30 - 11:30 a.m. Dawn
	50+ Fitness (Gentle 3) 11 - 11:50 a.m. Bonita		50+ Fitness (Gentle 3) 11 - 11:50 a.m. Bonita			
Cardio & Strength Intervals 12 - 12:55 p.m. Wendy						Zumba 1 - 2 p.m. Rahmi
50+ Fitness (Gentle 3) 1:10 - 2 p.m. Pat		Balance & Strength (Gentle 2) 1:10 - 2 p.m. Elise			NEW! Self Defence Workshop (registered) 12:30 - 3:30 p.m. April 1 Heather	
Private Booking 4 - 4:30 p.m.	Private Booking 4:15 - 4:45 p.m.	Private Booking 4 - 4:30 p.m.	Private Booking 4:15 - 4:45 p.m.	Private Booking 3:30 - 4 p.m.	<p>Subject to change. Visit calgary.ca/thornhillpool for the latest facility schedules, hours of operation and rates.</p> <p>* Must bring your own yoga mat. *</p> <p>To sign up for instructor led classes visit calgary.ca/dropin</p>	
Step 5 - 6 p.m. Sari / Kordi	Pure Strength (Registered) 5 - 6 p.m. Marie	Cardio & Strength Intervals 5 - 6 p.m. Sari	Mind Body Flow * 5 - 6 p.m. Dawn			
Karate Continuing - Youth & Adult (Registered) 6:15 - 7:15 p.m. Heather	Cardio Pump 6:15 - 7:15 p.m. Marie	Tai Chi (Registered) 6:15 - 7:15 p.m. Yan	Step Pump 6:15 - 7:15 p.m. Sari	Kickboxing - Youth & Adult (Registered) 6 - 7 p.m. Chuck		
Yoga for Beginners * (Registered) 7:30 - 8:30 p.m. Caroline	NEW! Barre 7:30 - 8:30 a.m. (Registered) Marie		Pilates * (Registered) 7:30 - 8:30 p.m. Wendy			
	Yoga * (Registered) 7:30 - 9 p.m. Claudia					