




Thornhill Aquatic & Recreation Centre

6715 Centre St. N.W.

Mar.31 - June 30, 2025

Drop-In 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.	Deep Water Workout 8 - 8:55 am Navin	Lane Swim/ Walk 7:30 - 8:30 a.m.
Aqua Fitness 8 - 8:55 a.m. Bonita		Aqua Fitness 8 - 8:55 a.m. Julie	Deep Water Workout 7:30 - 8:30 am Cindy	Aqua Fitness 8 - 8:55 a.m. Navin	Aqua Fitness 9:05 - 10 a.m. Jane/Navin	Aqua Fitness 8:30 - 9:25 a.m. Julie L.
					Public Swim 10 - 12 p.m.	
Aqua Fitness 12 - 12:55 p.m. Julie H.	Aqua Fitness 12 - 12:55 p.m. Bonita	Lane Swim/ Walk 12 - 1 p.m.	Aqua Fitness 12 - 12:55 p.m. Bonita	Aqua Fitness 12 - 12:55 p.m. Mary Lou	Deep Water Workout 12 - 12:55 p.m. Lorraine / Mary Lou	
Lane Swim 12 - 1 p.m.				Lane Swim 12 - 1 p.m.		
Self - Led Dive Tank 12-1 p.m.	Deep Water Workout 12 - 12:55 p.m. Jody		Deep Water Workout 12 - 12:55 p.m. Mary Lou	Deep Water Workout 12 - 12:55 p.m. Mary Lou	Lane Swim 12 - 1 p.m.	
						Family Shared 12:30 - 2 p.m.
Deep Water Workout 3 - 4 p.m. Jody	Public Swim 3 - 4:25 p.m.	Deep Water Workout 3 - 4 p.m. Dawn	Public Swim 3 - 4:25 p.m.	Public Swim 3 - 3:55 p.m.		Public Swim 2 - 3:30 p.m.
Public Swim 3 - 3:55 p.m.		Public Swim 3 - 3:55 p.m.				
					<div>Schedule Subject to Change.</div> <div></div> <div>Visit calgary.ca/Thornhill Pool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</div>	
Deep Water Workout 4:50 - 5:50 p.m. Jody		Self-Led Dive Tank 4:50 - 5:50 p.m.		Public Swim 7:30 - 8:30 p.m.		
			Hot Tub Closed 8 - 10 p.m.			
Adult Only Lane swim 9 - 10 p.m.	Adult Only Lane Swim 9 - 10 p.m.	Adult Only Lane Swim 9 - 10 p.m.	Adult Only Lane Swim 9 - 10 p.m.	Adult Only Lane Swim 8:30 - 9:30 p.m.		




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Drop-in Dry Land Fitness & Mind Body Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Workout 6:15 - 7:10 a.m. Sherry	Cardio & Strength Intervals 6:15 - 7:10 a.m. Sherry	NEW! Total Body Workout 6:15 - 7:10 a.m. Katherine	Strength & Restore 6:15 - 7:10 a.m. Cindy Starts April 10	Total Body Strength 6:15 - 7:10 a.m. Sherry	Additional classes added during Renfrew closure. These classes will return to Renfrew upon opening.	
Total Body Workout 9:15 - 10:15 a.m. Wendy	Cardio Pump 9 - 10 a.m. Karen	Total Body Workout 9:15 - 10:15 a.m. Julie H	Cardio Pump 9 - 10 a.m. Marie	Total Body Workout 9:15 - 10:15 a.m. Marie	Total Body Workout 9:15 - 10:15 a.m. Kordi / Nicole	Step Pump 9 - 10 a.m. Kordi
Balance & Strength (Gentle 2) 10:40 - 11:30 a.m. Wendy	Sit Fit (Gentle 1) 10:05 - 10:50am Bonita		Sit Fit (Gentle 1) 10:05 - 10:50am Marie	Balance & Strength (Gentle 2) 10:40 - 11:30 a.m. Bonita	Mind Body Flow * 10:30 - 11:30 a.m. Lorraine / Rosemarie	Mind Body Flow * 10:30 - 11:30 a.m. Dawn
Cardio & Strength Intervals 12 - 12:55 p.m. Wendy	50+ Fitness (Gentle 3) 11 - 11:50 a.m. Bonita	50+ Fitness (Gentle 3) 12 - 12:50 p.m. Pat	50+ Fitness (Gentle 3) 11 - 11:50 a.m. Bonita	50+ Strength & Stretch (Gentle 3) 11:45 - 12:35 pm Mandy	50+ Fitness (Gentle 3) 12 - 1 p.m. Khusbu	Zumba ® 1 - 2 p.m. Rahmi
		Balance & Strength (Gentle 2) 1:10 - 2 p.m. Elise		Mind Body Flow * 12:45 - 1:45 pm Mandy		
50+ Fitness (Gentle 3) 1:10 - 2 p.m. Pat	Stretch & Restore 12 - 1 p.m. Wendy	Zumba Gold ® (Gentle 3) 2:15 - 3:15 p.m. Rahmi		Sit Fit (Gentle 1) 2 - 2:45 pm Mandy	Schedule Subject to Change.  Visit calgary.ca/ThornhillPool for the latest facility schedules, hours of operation, admission rates and to sign up for Instructor-led classes. * Must bring your own yoga mat	
Mind Body Flow * 3:15 - 4:15 pm Navin Starts April 14	50+ Strength & Stretch (Gentle 3) 1:10 - 2 p.m. Wendy	Mind Body Flow * 3:20 - 4:20 pm Rahmi	Zumba Gold ® (Gentle 3) 2:45- 3:45 p.m. Rahmi			
Step 5 - 6 p.m. Sari / Kordi		Cardio & Strength Intervals 5 - 6 p.m. Sari	Mind Body Flow * 5 - 6 p.m. Dawn	Total Body Workout 4:30 - 5:30 p.m. Sari		
	Cardio Kickboxing 6:15 - 7:15 pm Marie		Step Pump 6:15 - 7:15 p.m. Sari			