



# Bob Bahan Aquatic & Fitness Centre

4812 – 14 Avenue S.E.

September 22 - December 22, 2023

## Drop-In Swimming & Aquatic Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim / Walk Shared 6 - 7:55 a.m.		Lane Swim / Walk Shared 6 - 7:55 a.m.		Lane Swim / Walk Shared 6 - 7:55 a.m.	Lane Swim Shared 7:30 - 8:30 a.m.	
Deep Water Workout 7 - 7:55 a.m.		Deep Water Workout 7 - 7:55 a.m.		Aqua Fitness 8 - 8:55 a.m.	Aqua Fitness 7:35 - 8:30 a.m.	
Aqua Fitness 8 - 8:55 a.m.		Aqua Fitness 8 - 8:55 a.m.		Lane Swim / Walk Shared 9 a.m. - 12 p.m.	Dive Tank Only 7:30 - 9:30 a.m.	
Swimming Lessons 9 - 10 a.m.		Lane Swim / Walk Shared 9 a.m. - 2 p.m. **			Swimming Lessons 9:30 a.m. - 12 p.m.	
Lane Swim Shared 9 a.m. - 2 p.m. **		Lane Swim / Walk Shared 12 - 2 p.m. **		Lane Swim / Walk Shared 12 - 1 p.m. **	Lane Swim / Public Swim Shared 12 - 2 p.m. **	
Deep Water Workout 12:05 - 1 p.m.	Deep Water Workout 12:05 - 1 p.m.	Deep Water Workout 12:05 - 1 p.m.				
Lane Swim / Public Swim 2 - 4:30 p.m. **	Lane Swim / Public Swim Shared 2 - 5 p.m. **	Lane Swim / Public Swim 2 - 4:30 p.m. **	50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m.	Adult Lane Swim / Walk 2 - 3:30 p.m.		
	Swimming Lessons 5 - 7 p.m.		Lane Swim / Public Swim Shared 2 - 3:30 p.m.		Swimming Lessons 3:30 - 5:30 p.m.	
			Swimming Lessons 4:30 - 6:30 p.m.			
Deep Water Workout 7 - 7:55 p.m.	Family Swim/Lane Swim Shared 7 - 8 p.m.	Hot Tub & Steam Room Only 6:30 - 8 p.m.	Deep Water Workout 7 - 7:55 p.m.			
Hot Tub & Steam Room Only 6:30 - 8 p.m.			Steam Room Only 6:30 - 8 p.m.			

**Schedule Subject to Change**


\*\*Schoolboard Lessons will run 12-3 p.m. varying dates throughout the fall.



Visit [calgary.ca/BobBahanPool](http://calgary.ca/BobBahanPool) for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.

Basketball court is open during facility hours, weather permitting.

## Dry Land Fitness, Yoga, Pilates, & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>Taekwondo - Kids (6 - 9 years)</b> (Registered) 9:05 - 9:50 a.m. Carlos	
					<b>Taekwondo Introductory - For Everyone</b> (Registered) 10 - 11 a.m. Carlos	
<b>Total Body Workout</b> 1:05 - 1: 55 p.m. Diana Studio					<b>Taekwondo Introductory - For Everyone</b> (Registered) 11:10 a.m. - 12:10 p.m. Carlos	
<b>Stretch &amp; Restore</b> 2:05 - 3 p.m. Diana Studio						
<b>Living Healthy - Get Going (Gentle 2)</b> 3:10 - 4 p.m. Diana Studio					<p style="color: red;"><b>Schedule Subject to Change</b></p>  <p>Visit <a href="http://calgary.ca/BobBahanPool">calgary.ca/BobBahanPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> <p style="color: red;"><b>*Must bring your own yoga mat.</b></p>	
	<b>Karate - Child (Registered)</b> 5:30 - 6:15 p.m. Daylen	<b>Karate - Child (Registered)</b> 5:30 - 6:15 p.m. Daylen				
	<b>Karate for Everyone - Continuing (Registered)</b> 6:25 - 7:25 p.m. Daylen	<b>Karate for Everyone - Introductory (Registered)</b> 6:25 - 7:25 p.m. Daylen				