



# Bob Bahan Aquatic & Fitness Centre

4812 – 14 Avenue S.E.

**April 1 - June 30, 2025**

## Drop-In Swimming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim 6 - 8 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim 6 - 8 a.m.		
					Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 8:30 a.m.
Steam Room Hot Tub Only 8 a.m. - 12 p.m.	Steam Room Hot Tub Only 9 a.m. - 12 p.m.	Steam Room Hot Tub Only 9 a.m. - 12 p.m.	Steam Room Hot Tub Only 9 a.m. - 12 p.m.	Steam Room Hot Tub Only 8 a.m. - 12 p.m.	Dive Tank Only 8:30 - 10 a.m.	Dive Tank Only 8:30 - 10 a.m.
Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Steam Room Hot Tub Only 10 a.m. - 1:30 p.m.	Steam Room Hot Tub Only 10 a.m. - 1:30 p.m.
Public Swim/ Lane Swim Shared 1 - 3 p.m. **	Public Swim/ Lane Swim Shared 1 - 4 p.m. **	Public Swim/ Lane Swim Shared 1 - 3 p.m. **	Public Swim/ Lane Swim Shared 1 - 4 p.m. **	Public Swim/ Lane Swim Shared 1 - 3 p.m. **	Public Swim 1:30 - 3:30 p.m.	Public Swim 1:30 - 3:30 p.m.
Lane Swim 3 - 6:30 p.m.		Lane Swim 3 - 6:30 p.m.		Lane Swim 3 - 5 p.m.	<b>Schedule Subject to Change</b> <b>**Lessons will run 1-3pm varying dates.</b>  Visit <a href="https://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. Basketball court is open during facility hours, weather permitting.	
Steam Room Hot Tub Only 6:30 - 8 a.m.	Steam Room Hot Tub Only 4 - 8 p.m.	Steam Room Hot Tub Only 6:30 - 8 p.m.	Steam Room Hot Tub Only 4 - 8 p.m.	Steam Room Hot Tub Only 5 - 6:30 p.m.		
				Public Swim 6:30 - 8 p.m.		
				Hot Tub Closed 7 - 8 p.m.		
Dive Tank Only 8 - 9 p.m.	Dive Tank Only 8 - 9 p.m.	Dive Tank Only 8 - 9 p.m.	Adult Lane Swim 8 - 9 p.m.			




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## Dry Land & Aquatic Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Deep Water Workout</b> 7 - 7:55 a.m.	<b>Mind Body Flow*</b> Fitness Studio 9:05 - 10 a.m.			<b>Aqua Zumba</b> 8 - 8:55 a.m.		<b>Deep Water Workout</b> 7:35 - 8:35 a.m.
<b>Aqua Fitness</b> 8 - 8:55 a.m.	<b>50+ Strength and Stretch (Gentle 3)</b> Fitness Studio 10:10 - 11 a.m.		<b>Deep Water Workout</b> 8 - 8:55 a.m.	<b>Mind Body Flow*</b> Fitness Studio 9:05 - 10:10 a.m.		<b>Deep Water Workout</b> 8:30 - 9:20 a.m.
	<b>Total Body Workout</b> Fitness Studio 11:05 - 11:50 a.m.			<b>50+ Strength and Stretch (Gentle 3)</b> Fitness Studio 10:10 - 11 a.m.		
<b>Total Body Strength</b> Fitness Studio 1 - 1: 50 p.m.	<b>Zumba®</b> Fitness Studio 12 - 12:50 p.m.		<b>Core Conditioning</b> Fitness Studio 12 - 12:50 p.m.	<p><b>Schedule Subject to change.</b></p>  <p>Visit <a href="https://calgary.ca/bobbahanpool">calgary.ca/bobbahanpool</a> for the latest facility schedules, hours of operation, and rates.</p> <p>Basketball court is open during facility hours, weather permitting.</p> <p><b>* Must bring your own yoga mat</b></p> <p>To sign up for instructor-led classes, visit <a href="https://calgary.ca/dropin">calgary.ca/dropin</a></p>		
<b>Living Healthy - Get Going (Gentle 2)</b> Fitness Studio 2 - 2:50 p.m.			<b>50+ Gentle 3</b> Fitness Studio 1 - 1:50 p.m.			
<b>Deep Water Workout</b> 6 - 6:55 p.m.	<b>Deep Water Workout</b> 6 - 6:55 p.m.	<b>Deep Water Workout</b> 6 - 6:55 p.m.	<b>Deep Water Workout</b> 6 - 6:55 p.m.			
<b>Deep Water Workout</b> 7:05 - 7:55 p.m.	<b>Deep Water Workout</b> 7:05 - 7:55 p.m.	<b>Deep Water Workout</b> 7:00 - 7:55 p.m.	<b>Deep Water Workout</b> 7:05 - 8 p.m.			
<b>Aqua Fitness</b> 8 - 8:55 p.m.	<b>Aqua Fitness</b> 8 - 8:55 p.m.	<b>Aqua Fitness</b> 8 - 8:55 p.m.				