


Drop-In Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed 6 a.m. - 1p.m.	Lane Swim 6 - 8 a.m.	Closed 6 a.m. - 1p.m.	Lane Swim 6 - 8 a.m.	Dive Tank Availability: Monday/Wednesday 4 p.m. - 6 p.m. Tuesday 8 a.m. - 9 a.m. Thursday 8 a.m. - 9 a.m. Pool Reserved: Monday - Thursday 4 p.m. - 9 p.m.		
	Deep Water Workout 7 - 7:55 a.m. Robyn		Deep Water Workout 7 - 7:55 a.m. Robyn			
	Aqua Fitness 8 - 8:55 a.m. Robyn		Aqua Fitness 8 - 8:55 a.m. Robyn			
	Self-Led Dive Tank 8 - 9 a.m.		Self-Led Dive Tank 8 - 9 a.m.			
	Lane Swim Shared 9 a.m. - 1 p.m.		Lane Swim Shared 9 a.m. - 1 p.m.	Tot Pool Hours An opportunity for patrons and their toddlers to play and learn while enjoying a separate shallow water basin suited to younger children. Monday 3 p.m. - 9 p.m. Tuesday 6 a.m. - 9 p.m. Wednesday 1 p.m. - 9p.m. Thursday 6 a.m. - 4p.m.		
Lane Swim Shared 1 - 4 p.m.	Lane Swim & Lane Walking Shared 1 - 2 p.m.	Lane Swim Shared 1 - 4 p.m.	Lane Swim & Lane Walking Shared 1 - 2 p.m.			
	Lane Swim Shared 2 - 4 p.m.		Lane Swim Shared 2 - 4 p.m.	Schedule Subject to Change 		
Self-Led Dive Tank 4 - 6 p.m.	Deep Water Workout 6 - 7 p.m. Julie	Self-Led Dive Tank 4 - 6 p.m.	Deep Water Workout 6 - 7 p.m. Ruby	Visit calgary.ca/FoothillsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.		