


Drop-in Swimming, Aquatic & Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 9:30 a.m.	Lane Swim 6 - 8 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim 6 - 8 a.m.	Lane Swim 6 - 8 a.m.		
	Deep Water Workout 6:10 - 7 a.m. Matthew		Deep Water Workout 6:10 - 7 a.m. Matthew	Deep Water Workout 6:05 - 7 a.m. Matthew		
	Deep Water Workout 7:10 - 8 a.m. Matthew		Deep Water Workout 7:10 - 8 a.m. Matthew	Deep Water Workout 7:05 - 8 a.m. Matthew	Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 9:30 a.m.
	Mind, Body, Flow 8:10 - 9 a.m. Multipurpose room Matthew	Self Led Dive Tank 6 - 9 a.m.	Mind, Body, Flow 8:10 - 9 a.m. Multipurpose room Matthew	Lane Swim 8 - 9 a.m.	Conditioning Swim 8:30 - 9:25 a.m. Sharon	
Self Led Dive Tank 6 - 9 a.m.	Self Led Dive Tank 8 - 9 a.m.		Self Led Dive Tank 8 - 9 a.m.	Self Led Dive Tank 8 - 9 a.m.	Conditioning Swim 9:30 - 10:25 a.m. Sharon	Deep Water Workout 8:30 - 9:25 a.m. Matthew
Conditioning Swim 9:30 - 10:25 a.m. Sharon		Conditioning Swim 9:30 - 10:25 a.m. Sharon				Aqua Fitness 9:35 - 10:30 a.m. Matthew
					Lane Walking Shared 9:30 - 10:30 a.m.	Self Led Dive Tank 9:30 - 10:30 a.m.
Lane Swim 12 - 1 p.m.	Conditioning Swim 12:05 - 1 p.m. Sharon	Lane Swim 12 - 1 p.m.	Conditioning Swim 12:05 - 1 p.m. Sharon	Lane Swim 12 - 1 p.m.	Public Swim 10:30 a.m. - 12 p.m.	Public Swim 10:30 a.m. - 12 p.m.
Deep Water Workout 12:05 - 1 p.m. Matthew	Deep Water Workout 12:05 - 1 p.m. Agatha	Deep Water Workout 12:05 - 1 p.m. Candace	50+ Deep Water Workout (Gentle 3) 12:10 - 1 p.m. Michelle	Deep Water Workout 12:05 - 1 p.m. Candace	Self Led Dive Tank 12 - 1 p.m.	Self Led Dive Tank 12 - 1:30 p.m.
Aqua Fitness 1:05 - 2 p.m. Matthew	Lane Swim 1 - 2 p.m.	Aqua Fitness 1:05 - 2 p.m. Candace	Lane Swim 1 - 2 p.m.	Aqua Fitness 1:05 - 2 p.m. Candace	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1:30 p.m.
50+ Strength & Stretch (Gentle 3) Multipurpose room 1:30 - 2:25 p.m. Michelle	Balance & Strength (Gentle 2) Multipurpose room 1:30 - 2:25 p.m. Michelle	50+ Strength & Stretch (Gentle 3) Multipurpose room 1:30 - 2:25 p.m. Michelle	Balance & Strength (Gentle 2) Multipurpose room 1:30 - 2:25 p.m. Michelle			Public Swim 1:30 - 3 p.m.
Shared Public Swim 2 - 4 p.m. Shared Lane Walking 2 - 3 p.m. Shared Lane Swim 3 - 4 p.m.					<div>Schedule Subject to Change.</div> <div></div> <div>Visit calgary.ca/GlenmorePool for the latest facility schedules, hours of operation, admission rates and to sign up for</div>	
Lane Swim 7 - 8 p.m.	Conditioning Swim 7 - 7:55 p.m. Sharon		Conditioning Swim 7 - 7:55 p.m. Sharon	Public Swim 6:30 - 8 p.m.		
Self Led Dive Tank 7 - 8 p.m.	Deep Water Workout 7 - 8 p.m. Julie		Deep Water Workout 7 - 8 p.m. Julie			