


Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Drop - in Dry Land Programs					Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 9:30 a.m.	
New 50+ Strength & Stretch (Gentle 3) 1:30 - 2:25pm Monday and Wednesdays (No class on sept 6)			Balance & Strength (Gentle 2) 1:30 - 2:25pm Tuesday and Thursdays (No class on sept 5, 7)		Self Led Dive Tank 7:30 - 9:30 a.m.	Self Led Dive Tank 7:30 - 8:30 a.m.	
2023 Pool admission rates							
	Preschool (0-5Y)	Child (6-12Y)	Youth (13-17Y)	Adult (18 - 64Y)	Senior (65Y+)	Family	Single Parent Family
Drop In	Free	3.85	4.30	8.50	5.30	17.30	11.35
10x Pass	Free	36.20	40.40	79.90	49.95	162.60	106.70
1 Month	Free	21.25	27.55	55.15	34.25		
12 Month	Free	255.00	330.60	661.80	411.00		
Lane Swim 12 - 1 p.m.	Conditioning Swim 12:05 - 1 p.m.	Lane Swim 12 - 1 p.m.	Conditioning Swim 12:05 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1:30 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.	50+ Deep Water Workout (Gentle 3) 12:10 - 1 p.m. (No class Sept 7)	Deep Water Workout 12:05 - 1 p.m. (No class Sept 8)	Self Led Dive Tank 12 - 1 pm	Self Led Dive Tank 12 - 1:30 pm	
Aqua Fitness 1:05 - 2 p.m.	Tethered DWW (Registered) 1 - 2 p.m.	Aqua Fitness 1:05 - 2 p.m.	Lane Swim 1 - 2 p.m.	Aqua Fitness 1:05 - 2 p.m. (No class Sept 8).	Swim Lessons 1 - 3:30 p.m.	Public Swim 1:30 - 3 p.m.	
	Lane Swim 1 - 2 p.m.						
Self Led Dive Tank 1 - 3 pm	Self Led Dive Tank 2 - 3 pm	Self Led Dive Tank 1 - 3 pm	Self Led Dive Tank 1 - 3 pm	Self Led Dive Tank 1 - 3 pm			
Lane Swim/Walk (Shared) 2 - 3 p.m.	Lane Swim/Walk (Shared) 2 - 3 p.m.	Lane Swim/Walk (Shared) 2 - 3 p.m.	Lane Swim/Walk (Shared) 2 - 3 p.m.	Lane Swim/Walk (Shared) 2 - 3 p.m.	Schedule Subject to Change.		
Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.			
Swim Club 4 - 5:30 p.m.							
Swim Club 5:30 - 7 p.m.		Swim Lessons 5:30 - 8 p.m.		Swim Club 5:30 - 6:30 p.m.			
Lane Swim 7 - 8 p.m.	Conditioning Swim 7 - 7:55 p.m.	Swim Club 5:30 - 7 p.m.		Public Swim 6:30 - 8 p.m.			
Self Led Dive Tank 7 - 8 pm	Deep Water Workout 7 - 7:55 p.m.	Conditioning Swim 7 - 7:55 p.m.		Deep Water Workout 7 - 7:55 p.m.	Visit calgary.ca/GlenmorePool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.		