

Calgary




Renfrew Aquatic & Recreation Centre


810 13 Avenue N.E.

Jan 2 - March 19, 2024

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 9 a.m.	Lane Swim 6 - 9 a.m. NEW! Deep Water Workout 8 - 9 a.m. Daniel	Lane Swim 6 - 9 a.m.	Lane Swim 6 - 9 a.m. NEW! Deep Water Workout 8 - 9 a.m. Daniel	Lane Swim 6 - 9 a.m.	Reserved for Swim Club 7:30 - 9 a.m.	Lane Swim 7:30 - 11 a.m.
School Swimming Lessons 9 a.m. - 12 p.m. Additional swim times may be available. Please check calgary.ca/RenfrewPool					Deep Water Workout 9 - 9:55 a.m. Navin	
Lane Swim 12 - 1 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 9 - 10 a.m.	
Deep Water Workout 12 - 12:55 p.m. Julie		Deep Water Workout 12 - 12:55 p.m. Jane		Deep Water Workout 12 - 12:55 p.m. Mary Lou	Aqua Fitness 10 - 11 a.m. Navin	Public Swim/ Lessons Shared 11 a.m. - 1:30 p.m.
Aqua Fitness 1 - 2 p.m. Julie		Aqua Fitness 1 - 2 p.m. Jane		Aqua Fitness 1 - 2 p.m. Mary Lou	Public Swim/ Lessons Shared 11 a.m. - 1 p.m.	Hot Tub Closed 1:30 - 3:30 p.m.
Public Swim/ Lane Swim (Shared) 2 - 3:30 p.m.	50+ Aqua Fitness (Gentle 3) 2 - 2:45 p.m. Daniel	Public Swim/ Lane Swim (Shared) 2 - 3:30 p.m.	50+ Aqua Fitness (Gentle 3) 2 - 2:45 p.m. Carolyn	Public Swim 2 - 4 p.m.	Reserved for Leadership Courses 1 - 2:30 p.m.	Reserved for Leadership Courses 1:30 - 3:30 p.m.
Lane Swim 3:30 - 5:45 p.m.	Lane Swim 2:45 - 4:45 p.m.	Lane Swim 3:30 - 4:30 p.m.	Lane Swim 2:45 - 5 p.m.	Lane Swim 4 - 5 p.m.	Public Swim/ Lessons Shared 2:30 - 3:30 p.m.	
Deep Water Workout 5 - 5:45 p.m. Jane	Swimming Lessons 4:45 - 7 p.m. Reserved For Swim Club	Deep Water Workout 5 - 5:45 p.m. Lynn	Lane Swim 2:45 - 5 p.m. Swimming Lessons 5 - 8 p.m.	Tethered Deep Water Workout (Registered) 4:30 - 5:15 p.m. Gilian / Jane		
Aqua Fitness 5:45 - 6:30 p.m. Jane		Deep Water Workout 5 - 5:45 p.m. Lynn		Junior Lifesaving Club 5 - 6:30 p.m.		
Swimming Lessons 6:30 - 9 p.m.		Aqua Fitness 5:45 - 6:30 p.m. Lynn		Public Swim 6:30 - 8 p.m.		
Adult & Youth Lane Swim 9 - 10 p.m.	Adult & Youth Lane Swim 8 - 10 p.m.	Adult & Youth Lane Swim 8 - 10 p.m.	Adult & Youth Lane Swim 8 - 10 p.m.	Adult & Youth Lane Swim 8 - 9 p.m.	Schedule Subject to Change.  Visit calgary.ca/RenfrewPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.	

Dry Land Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Workout 6:15 - 7:10 a.m. Sherry	Cardio & Strength Intervals 6:15 - 7:10 a.m. Sherry	Total Body Workout 6:15 - 7:10 a.m. Cindy	Strength & Restore 6:15 - 7:10 a.m. Cindy	NEW! Total Body Strength 6:15 - 7:10 a.m. Sherry		
	Cardio & Strength Intervals 8:30 - 9:20 a.m. Rahmi		Total Body Workout 8:15 - 9:15 a.m. Cindy			Mind Body Flow * 8:30 - 9:25 a.m. Rahmi
Mind Body Flow * 9 - 10 a.m. Marianne	Zumba Gold® (Gentle 3) 9:25 - 10:25 a.m. Rahmi	Pure Cycle 10:30 - 11:30 a.m. Dave		Mind Body Flow * 9:30 - 10:30 a.m. Kandi	Cardio & Strength Intervals 9 - 10 a.m. Sherry	Mind Body Flow * 9:30 - 10:25 a.m. Rahmi
Sit Fit (Gentle 1) 10:45 - 11:30 a.m. Elise	Nia (Registered) 10:45 - 11:45 a.m. Tina	Strength & Restore 12 - 12:50 p.m. Shona		Sit Fit (Gentle 1) 10:45 - 11:30 a.m. Kandi	Pure Cycle 10:15 - 11:15 a.m. Shona / Kordi	Zumba® 10:30 - 11:25 a.m. Rahmi
Ever Active (Gentle 3) 11:45 a.m. - 12:45 p.m. Elise	Pound © 12 - 12:50 p.m. Shona	Mind Body Flow * 1:15 - 2:15 p.m. Rahmi		Ever Active (Gentle 3) 11:45 a.m. - 12:45 p.m. Kandi	NEW! QiGong (Registered) 1 - 2 p.m. Yan	Total Body Workout 11:30 a.m. - 12:25 p.m. Rahmi
	50+ Fitness (Gentle 3) 1 - 1:50 p.m. Marianne	Zumba Gold® (Gentle 3) 2:30 - 3:30 p.m. Rahmi	50+ Fitness (Gentle 3) 1 - 1:50 p.m. Carolyn		Tai Chi (Registered) 2:15 - 3:15 p.m. Yan	Self Defence Workshop (Registered) 12:30 - 3:30 p.m. Jan 28 & Mar 10 Heather
	Step 5 - 5:50 p.m. Nicole	Essentrics (Registered) 5 - 6 p.m. Zsuzsa	Pilates for Beginners * (Registered) 5 - 6 p.m. Wendy	NEW! Cycle & Core (Registered) 5 - 6 p.m. Ted	Schedule Subject to Change.  Visit calgary.ca/RenfrewPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes. * Must bring your own yoga mat	
NEW! Abs & Arms (Registered) 6 - 7 p.m. Ted	Total Body Strength 6 - 7 p.m. Nicole	Pure Strength (Registered) 6:15 - 7:15 p.m. Kordi	Cardio & Strength Intervals 6 - 7 p.m. Nicole	Zumba® 6:15 - 7:15 p.m. Rahmi		
Cycle & Core (Registered) 7:15 - 8:15 p.m. Ted	Yoga for a Healthy Back * (Registered) 6 - 7 p.m. Val	Mindfulness Workshop (Registered) 6 - 9 p.m. March 6 Tina	Pilates * (Registered) 6:05 - 7:05 p.m. Wendy			
	Yoga - Beginner * (Registered) 7:15 - 8:15 p.m. Val	Mindfulness Practices (Registered) 6:30 - 7:30 p.m. Tina				
		Barre (Registered) 7:30 - 8:30 p.m. Marie				