

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 12:30 - 2 p.m.	Lane Swim 12:30 - 1:55 p.m.	Lane Swim 12:30 - 1:55 p.m.	Aqua Fitness* 12:40 - 1:30 p.m. Leona	<p>Schedule Subject to Change</p>  <p>Visit calgary.ca/AcadiaPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> <p>*Self-led option available in opposite end of pool during Deep Water Workout or Aqua Fitness.</p>		
Deep Water Workout* 2:05 - 3 p.m. Nora	Deep Water Workout* 2 - 2:50 p.m. Mary Lou	Deep Water Workout* 2 - 2:50 p.m. Laurie	Deep Water Workout* 1:40 - 2:30 p.m. Leona			
Public Swim Shared 3:05 - 4 p.m.	Aqua Fitness* 3 - 3:50 p.m. Mary Lou	Aqua Fitness* 3 - 3:50 p.m. Laurie	Public Swim Shared 2:35 - 4 p.m.			
Lane Swim 7:35 - 8:30 p.m. <i>September and December 8 and 15</i>		Deep Water Workout* 7:35 - 8:30 p.m. Amanda <i>Sept 3-Oct 1 Dec 3-17</i>				

2025 Pool admission rates

	Preschool (0-5Y)	Child (6-12Y)	Youth (13-17Y)	Adult (18 - 64Y)	Senior (65Y+)	Family	Single Parent Family
Drop In	Free	4.05	4.50	8.95	6.00	18.20	11.95
10x Pass	Free	38.00	42.30	84.10	56.30	171.10	112.30
1 Month	Free	22.35	29.00	58.05	38.65		
12 Month	Free	268.20	411.60	696.6	463.80		




Acadia Aquatic & Fitness Centre

9009 Fairmount Drive SE

Sept.2 - Dec. 18, 2025

Dry Land Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Workout 12:35 - 1:30 p.m. Leona	Get Going (Gentle 2) 12:35 - 1:30 p.m. Leona	50+ Fitness (Gentle 3) 12:35 - 1:30 p.m. Gail	Core Conditioning 12:35 - 1:30 p.m. Gail	<div>Schedule Subject to Change</div> <div></div> <div>Visit calgary.ca/AcadiaPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</div>		
Balance and Strength (Gentle 2) 1:35 - 2:30 p.m. Leona	Strong and Steady (Gentle 1) 1:35 - 2:30 p.m. Leona	Completely Cardio 1:35 - 2:20 p.m. Gail	Total Body Workout 1:35 - 2:30 p.m. Gail			
	Free Coffee, Conversations, and Community 1:30 - 4:30 p.m. Sept 23 Oct 28 Nov 25 Dec 16					
		New! Zumba 7:30 - 8:30 p.m. Sandra				