




# Bob Bahan Aquatic & Fitness Centre

4812 – 14 Avenue S.E.

Sept. 2 - Dec. 21, 2025

## Drop-In Swimming & Aquatic Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
Lane Swim / Shared 6 - 8 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim / Shared 6 - 9 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim / Shared 6 - 8 a.m.	Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 9:30 a.m.		
Deep Water Workout 7 - 7:55 a.m. Chantel				Aqua Zumba® 8 - 8:55 a.m. Cori Ann		Deep Water Workout 7:30 - 8:25 a.m. Amanda		
Aqua Fitness 8 - 8:55 a.m. Chantel						Deep Water Workout 8:30 - 9:25 a.m. Amanda		
						Public Swim 9:30 - 11:15 a.m.		
Lane Swim 12 - 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 p.m.				
				Lane Swim / Shared 1 - 3 p.m.				
Public Swim 3 - 4 p.m.	Lane Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Lane Swim 3 - 4 p.m.	Public Swim 3 - 4:30 p.m.	Public Swim 1:30 - 3:30 p.m.	Lane Swim 2:30 - 3:30 p.m.		
					<div>Schedule Subject to change.</div> <div></div> <div>Visit <a href="https://calgary.ca/BobBahanPool">calgary.ca/BobBahanPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</div> <div>Basketball court is open during facility hours, weather permitting.</div>			
Deep Water Workout 8 - 8:50 p.m. Lisa	Hot Tub Closed 8 - 9 p.m.	Aqua Fitness 8 - 8:55 p.m. Lisa	Adult Lane Swim 8 - 9 p.m.	Hot Tub Closed 7 - 8 p.m.				
Lane Swim 8 - 9 p.m.	Public Swim 8 - 9 p.m.	Lane Swim / Shared 8 - 9 p.m.						




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## Dry Land Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Mind Body Flow *</b> 9:05 - 10 a.m. Cori Ann Fitness Studio			<b>Mind Body Flow *</b> 9:05 - 10 a.m. Cori Ann Fitness Studio		
	<b>50+ Strength &amp; Stretch (Gentle 3)</b> 10:05 - 10:55 a.m. Cori Ann Fitness Studio			<b>50+ Strength &amp; Stretch (Gentle 3)</b> 10:05 - 10:55 a.m. Cori Ann Fitness Studio		
	<b>Total Body Workout</b> 11:05 - 11:50 a.m. Sara Fitness Studio					
	<b>Zumba®</b> 12 - 12:50 p.m. Sara Fitness Studio		<b>Core Conditioning</b> 12 - 12:50 p.m. Cori Ann Fitness Studio			
<b>Total Body Workout</b> 1 - 1:50 p.m. Diana/Carlos Fitness Studio			<b>50+ Fitness (Gentle 3)</b> 1 - 1:50 p.m. Cori Ann Fitness Studio		<b>Schedule Subject to change.</b>    Visit <a href="https://calgary.ca/bobbahanpool">calgary.ca/bobbahanpool</a> for the latest facility schedules, hours of operation, and rates.  Basketball court is open during facility hours, weather permitting.  <b>* Must bring your own yoga mat</b>  To sign up for instructor-led classes, visit <a href="https://calgary.ca/dropin">calgary.ca/dropin</a>	
<b>Living Healthy - Get Going (Gentle 2)</b> 2 - 2:50 p.m. Diana/Carlos Fitness Studio						
				<b>Stretch &amp; Restore</b> 5 - 5:50 p.m. Lisa Fitness Studio		
<b>Strength &amp; Restore</b> 6 - 6:50 p.m. Lisa Fitness Studio		<b>Strength &amp; Restore</b> 6 - 6:50 p.m. Lisa Fitness Studio		<b>Strength &amp; Restore</b> 6 - 6:50 p.m. Lisa Fitness Studio		
		<b>Stretch &amp; Restore</b> 7 - 7:50 p.m. Lisa Fitness Studio				