




Canyon Meadows Aquatic & Fitness Centre

89 Canova Rd. S.W.
Sept. 2 - Dec. 23, 2025

Main Pool - Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 8 a.m.	Conditioning Swim 6:05 - 7:05 a.m.	Lane Swim 6 - 8 a.m.	Conditioning Swim 6:05 - 7:05 a.m.	Lane Swim 6 - 8 a.m.		
	Lane Swim Shared 6 - 9 a.m.		Lane Swim Shared 6 - 9 a.m.		Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 9:30 a.m.
Aqua Fitness 8:10 - 9 a.m.	Lane Walking Shared 8 - 9 a.m.	Aqua Fitness 8:10 - 9 a.m.	Lane Walking Shared 8 - 9 a.m.	Aqua Fitness 8:10 - 9 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 12:30 - 2 p.m.	Public Swim Shared 10:30 a.m. - 12 p.m.
Aqua Fitness * 1:05 - 2 p.m.						
					Public Swim Shared 2 - 3:30 p.m.	Hot Tub Closes at 1:30 p.m. on Sundays.
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.		
					Lane Swim Shared 7:30 - 9 p.m.	Schedule Subject to Change. 
Lane Swim 9 - 10 p.m.	Lane Swim 9 - 10 p.m.	Lane Swim 8 - 10 p.m.	Lane Swim 9 - 10 p.m.			
						Visit calgary.ca/CanyonMeadowsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.

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Dive Tank & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dive Tank Open 6 - 7 a.m.	Deep Water Workout 6:10 - 7a.m.	Dive Tank Open 6 - 7 a.m.	Deep Water Workout 6:10 - 7a.m.	Dive Tank Open 6 - 7 a.m.	* Self Led Dive Tank - means self-led exercise and swimming. * Dive Tank Open - the Diving Board and Slide MAY NOT BE OPEN at these times, check with the staff. *** the Hot Tub Closes at 1:30 p.m. on Sundays.	
Deep Water Workout 7:10 - 8 a.m.	Deep Water Workout 7:10 - 8 a.m.	Deep Water Workout 7:10 - 8 a.m.	Deep Water Workout 7:10 - 8 a.m.	Deep Water Workout 7:10 - 8 a.m.		
Dive Tank Open 8 - 9 a.m.	Dive Tank Open 8 - 9 a.m.	Dive Tank Open 8 - 9 a.m.	Deep Water Workout 8:10 - 9 a.m.	Dive Tank Open 8 - 9 a.m.		
					Deep Water Workout 7:35 - 8:30 a.m.	Deep Water Workout 7:45 - 8:30 a.m.
						Deep Water Workout 8:40- 9:30 a.m.
						Self-Led Dive Tank Shared 9:30 - 10:30 a.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.	Deep Water Workout 12:05 - 1 p.m.	Deep Water Workout 12:05 - 1 p.m.	Public Swim Shared 10:30 a.m.–12 p.m.	
					Self-Led Dive Tank Shared 12:30 - 2 p.m.	Self-Led Dive Tank Shared 12 - 1:30 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.	Public Swim 3 - 4 p.m.	Public Swim Shared 2 - 3:30 p.m.	
					Schedule Subject to Change.  Visit calgary.ca/CanyonMeadowsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor–led classes.	
	Deep Water Workout 6 - 7 p.m.		Deep Water Workout 6 - 7 p.m.			
				Dive Tank Open 7:30 - 9 p.m.		
Dive Tank Open 9 - 10 p.m.	Dive Tank Open 8 - 10 p.m.	Dive Tank Open 8 - 10 p.m.	Dive Tank Open 9 - 10 p.m.			



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Drop in Aquatic & Dryland Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water Workout 6:10 - 7 a.m. Caroline	Conditioning Swim 6:05 - 7 a.m. Allison	Deep Water Workout 6:10 - 7 a.m. Matthew	Conditioning Swim 6:05 - 7 a.m. Allison	Deep Water Workout 6:10 - 7 a.m. Caroline		Deep Water Workout 7:45 - 8:30 a.m. Sandra R/Faye
Deep Water Workout 7:10 - 8 a.m. Caroline	Deep Water Workout 6:10 - 7 a.m. Caroline	Deep Water Workout 7:10 - 8 a.m. Matthew	Deep Water Workout 6:10 - 7 a.m. Caroline	Deep Water Workout 7 - 7:55 a.m. Cindy	Deep Water Workout 7:35 - 8:30 a.m. Amanda	Deep Water Workout 8:40 - 9:30 a.m. Sandra R./Faye
Aqua Fitness 8:10 - 9 a.m. Caroline	Deep Water Workout 7:10 - 8 a.m. Caroline	Aqua Fitness 8:10 - 9 a.m. Matthew	Deep Water Workout 7:10 - 8 a.m. Caroline	Aqua Fitness 8:10 - 9 a.m. Cindy		Aqua Fitness 9:35 - 10:30 a.m. Faye/Laurie
NEW Total Body Workout 9:15 - 10:15 a.m. FR Faye		50+ Strength & Stretch (Gentle 3) 8:15 - 9:15 a.m. FR Cindy	Deep Water Workout 8:10 - 9 a.m. Terry			
NEW Stretch & Restore 10:30 - 11:30 a.m. FR Faye	Cardio Pump 9:15 - 10:15 a.m. FR Emm	Yoga* 9:15 -10:15 a.m. MPR Valerie				
	Zumba® 10:30 - 11:30 a.m. FR Andrea	Ever Active (Gentle 3) 9:20 - 10:20 a.m. FR Cindy	Total Body Workout 9:45 - 10:45 a.m. FR Terry	Cardio & Strength Intervals 9:45 - 10:45 a.m. FR Michelle	<div>Schedule Subject to Change.</div> <div></div> <div>Visit calgary.ca/CanyonMeadowsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor–led classes.</div> <div>Please check-in with Cashiers to obtain a wristband.</div> <div>FR = Fitness Room MPR = Multi-Purpose Room</div> <div>* Must bring your own yoga mat</div>	
			Zumba® 11 a.m. - 12 p.m. FR Sandy	Stretch & Restore 10:55 - 11:45 a.m. FR Michelle		
Deep Water Workout 12:05 - 1 p.m. Julie	Deep Water Workout 12:05 - 1 p.m. Laurie	Deep Water Workout 12:05 - 1 p.m. Amanda	Deep Water Workout 12:05 - 1 p.m. Cindy	Deep Water Workout 12:05 - 1 p.m. Caroline/Laurie		
Aqua Fitness 1:05 - 2 p.m. Julie	Strength & Restore 12 - 1p.m. FR Gail					
	Deep Water Workout 6 - 6:55 p.m. Faye	Balance & Strength (Gentle 2) 1:15 - 2:15 p.m. FR Linda	Deep Water Workout 6 - 6:55 p.m. Faye			
Yoga* 6:15 - 7:15 p.m. FR Yulia	*NEW* Mind Body Flow 7:15 - 8:15 p.m. FR Faye					