


Drop-In Swimming, Aquatic & Dryland Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>Closed</div> <div>6 a.m. - 1 p.m.</div>	<div>Lane Swim</div> <div>6 - 8 a.m.</div>	<div>Closed</div> <div>6 a.m. - 1 p.m.</div>	<div>Lane Swim</div> <div>6 - 8 a.m.</div>	<div>Closed</div> <div>6 a.m. - 1 p.m.</div>	<div>Dive Tank Availability:</div> <div>Monday/Wednesday</div> <div>4 - 6 p.m.</div> <div>Tuesday</div> <div>8 - 9 a.m.</div> <div>Thursday</div> <div>8 - 9 a.m.</div> <div>Pool Reserved:</div> <div>Monday - Friday</div> <div>4 - 9 p.m.</div>	
	<div>Deep Water Workout</div> <div>7 - 7:55 a.m.</div> <div>Robyn</div>		<div>Deep Water Workout</div> <div>7 - 7:55 a.m.</div> <div>Robyn</div>		<div>Tot Pool Hours</div> <div>An opportunity for patrons and their toddlers to play and learn while enjoying a separate shallow water basin suited to younger children.</div> <div>Monday</div> <div>3 - 9 p.m.</div> <div>Tuesday</div> <div>6 - 10:30 a.m.</div> <div>11:30 a.m. - 9 p.m.</div> <div>Wednesday</div> <div>1 - 9 p.m.</div> <div>Thursday</div> <div>6 a.m. - 4p.m.</div> <div>Friday</div> <div>1 - 6 p.m.</div>	
	<div>Aqua Fitness</div> <div>8 - 8:55 a.m.</div> <div>Robyn</div>		<div>Aqua Fitness</div> <div>8 - 8:55 a.m.</div> <div>Robyn</div>			
	<div>Self-Led Dive Tank</div> <div>8 - 9 a.m.</div>		<div>Self-Led Dive Tank</div> <div>8 - 9 a.m.</div>			
	<div>Outdoor Balance & Strength (Gentle 2)</div> <div>9:30 - 10:20 a.m.</div> <div>Julie D</div>		<div>Lane Swim Shared</div> <div>9 - 11:30 a.m.</div>			
	<div>Lane Swim Shared</div> <div>9 - 11:30 a.m.</div>		<div>Deep Water Workout</div> <div>10 - 10:50 a.m.</div> <div>Mary Lou</div>			
	<div>Conditioning Swim</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Sharon</div>		<div>Conditioning Swim</div> <div>11:30 a.m. - 12:30 p.m.</div> <div>Sharon</div>		<div>Schedule Subject to Change</div> <div>  </div> <div>Visit calgary.ca/FoothillsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</div>	
<div>Aqua Fitness</div> <div>1:10 - 2 p.m.</div> <div>Ruby</div>	<div>Lane Swim Shared</div> <div>12:30 - 4 p.m.</div>	<div>Aqua Fitness</div> <div>1:10 - 2 p.m.</div> <div>Jody</div>	<div>Lane Swim Shared</div> <div>12:30 - 4 p.m.</div>	<div>Lane Swim Shared</div> <div>1 - 4 p.m.</div>		
<div>Lane Swim Shared</div> <div>2 - 4 p.m.</div>		<div>Lane Swim Shared</div> <div>2 - 4 p.m.</div>		<div>Family Swim</div> <div>4 - 5 p.m.</div>		
				<div>Public Swim Shared</div> <div>5 - 6 p.m.</div>		
<div>Self-Led Dive Tank</div> <div>4 - 6 p.m.</div>	<div>Deep Water Workout</div> <div>6 - 7 p.m.</div> <div>Julie D</div>	<div>Self-Led Dive Tank</div> <div>4 - 6 p.m.</div>	<div>Deep Water Workout</div> <div>6 - 7 p.m.</div> <div>Ruby</div>			