


Drop-in Swimming, Aquatic & Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 7 a.m.	Lane Swim 6 - 7 a.m.	Lane Swim 6 - 7 a.m.	Lane Swim 6 - 7 a.m.	Lane Swim 6 - 7 a.m.		
	Deep Water Workout 6:10 - 7 a.m. Matthew		Deep Water Workout 6:10 - 7 a.m. Matthew	Deep Water Workout 6:05 - 7 a.m. Matthew		
	Deep Water Workout 7:10 - 8 a.m. Matthew		Deep Water Workout 7:10 - 8 a.m. Matthew	Deep Water Workout 7:05 - 8 a.m. Matthew	Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 8:30 a.m.
Lane Swim 8 - 9 a.m.	*Mind, Body, Flow Multipurpose room 8:05 - 9 a.m. Matthew	Lane Swim 8 - 9 a.m.	*Mind, Body, Flow Multipurpose room 8:05 - 9 a.m. Matthew	Lane Swim 8 - 9 a.m.	Conditioning Swim 8:30 - 9:25 a.m. Sharon	Deep Water Workout 7:30 - 8:25 a.m. Matthew
Conditioning Swim 8:30 - 9:25 a.m. Sharon		Conditioning Swim 8:30 - 9:25 a.m. Sharon			Conditioning Swim 9:30 - 10:25 a.m. Sharon	Aqua Fitness 8:30 - 9:25 a.m. Matthew
					Lane Walking Shared 9:30 - 10:30 a.m.	Aqua Fitness 9:35 - 10:30 a.m. Brenda
					Public Swim 10:30 a.m. - 12 p.m.	Public Swim 10:30 a.m. - 12 p.m.
Lane Swim 12 - 1 p.m.	Conditioning Swim 12:05 - 1 p.m. Sharon	Lane Swim 12 - 1 p.m.	Conditioning Swim 12:05 - 1 p.m. Sharon	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1:30 p.m.
Deep Water Workout 12:05 - 1 p.m. Matthew	Deep Water Workout 12:05 - 1 p.m. Agatha	Deep Water Workout 12:05 - 1 p.m. Candace	50+ Deep Water Workout (Gentle 3) 12:10 - 1 p.m. Michelle	Deep Water Workout 12:05 - 1 p.m. Candace		
Aqua Fitness 1:05 - 2 p.m. Matthew	Lane Swim 1 - 2 p.m.	Aqua Fitness 1:05 - 2 p.m. Candace	Lane Swim 1 - 2 p.m.	Aqua Fitness 1:05 - 2 p.m. Candace		Public Swim 1:30 - 3 p.m.
50+ Strength & Stretch (Gentle 3) Multipurpose room 1:30 - 2:25 p.m. Michelle	Balance & Strength (Gentle 2) Multipurpose room 1:30 - 2:25 p.m. Michelle	50+ Strength & Stretch (Gentle 3) Multipurpose room 1:30 - 2:25 p.m. Michelle	Balance & Strength (Gentle 2) Multipurpose room 1:30 - 2:25 p.m. Michelle			
					<div>Schedule Subject to Change.</div> <div></div> <div>Visit <a href="https://calgary.ca/GlenmorePool">calgary.ca/GlenmorePool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</div> <div>* Must bring your own yoga mat</div>	
Public Swim/ Shared 3 - 4 p.m.	Public Swim/ Shared 3 - 4 p.m.	Public Swim/ Shared 3 - 4 p.m.	Public Swim/ Shared 3 - 4 p.m.	Public Swim/ Shared 3 - 4 p.m.		
Lane Swim 7 - 9 p.m.	Conditioning Swim 7 - 7:55 p.m. Sharon		Conditioning Swim 7 - 7:55 p.m. Sharon	Public Swim 6:30 - 8 p.m.		
	Deep Water Workout 7 - 7:55 p.m. Julie		Deep Water Workout 7 - 7:55 p.m. Julie			
Lane Swim 8 - 9 p.m.	Lane Swim 8 - 9 p.m.	Lane Swim 8 - 9 p.m.	Lane Swim 8 - 9 p.m.	Lane Swim 8 - 9 p.m.		