




Inglewood Aquatic Centre

1527 17 Avenue S.E.

July 2 - 20, 2025

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Lane Swim 7:30 - 9:30 a.m.	Lane Swim 7:30 - 9:30 a.m.
Lane Swim 7:30 - 10 a.m.	Lane Swim 7:30 - 10 a.m.	Lane Swim 7:30 - 10 a.m.	Lane Swim 7:30 - 10 a.m.	Lane Swim 7:30 - 9 a.m.		
				Deep Water Workout 9:10 - 10 a.m. Matt		
				Self-Led Shallow 9:10 - 10 a.m.	Family Swim 9:30 - 11 a.m.	Family Swim 9:30 - 11 a.m.
Aqua Fitness 12:10 - 1 p.m. Matt	Aqua Fitness 12:10 - 1 p.m. Mandy	Tethered Deep Water Workout 12:10 - 12:55 p.m. Julie	Aqua Fitness 12:10 - 1 p.m. Matt	Aqua Fitness 10:10 - 11 a.m. Matt		
				Self-Led Deep 10:10 - 11 a.m.	Public Swim 2 - 3:30 p.m.	Public Swim 2 - 3:30 p.m.
Self-Led Deep 12:10 - 1 p.m.	Self-Led Deep 12:10 - 1 p.m.	Self-Led Deep 12:10 - 1 p.m.	Family Swim 11 a.m. - 12 pm			
Deep Water Workout 1:10 - 2 p.m. Matt	Deep Water Workout 1:10 - 2 p.m. Mandy	Aqua Fitness 1:05 - 2 p.m. Julie	Deep Water Workout 1:10 - 2 p.m. Matt	Lane Swim 12 - 2 p.m.	<div></div> <p>Schedule Subject to Change Visit calgary.ca/Inglewoodpool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p>	
Self-Led Shal- low 1:10 - 2 p.m.	Self-Led Shallow 1:10 - 2 p.m.	Self-Led Deep 1:10 - 2 p.m.	Self-Led Shallow 1:10 - 2 p.m.			
Public Swim 2 - 3:30 p.m.	Public Swim 2 - 3:30 p.m.	Public Swim 2 - 3:30 p.m.	Public Swim 2 - 3:30 p.m.	Public Swim 2 - 3:30 p.m.		
Additional classes added during Glenmore closure.						

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rates and to sign up for
instructor-led classes.