




Main Pool Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim 6 - 8 a.m.		Lane Swim 6 - 8 a.m.		Lane Swim 6 - 8 a.m.	Facility Closed		
	Lane Swim 7 - 8 a.m.		Lane Swim 7 - 8 a.m.		Lane Swim 7:30 - 9 a.m.	Lane Swim 7:30 - 8:30 a.m.	
Aqua Fitness 8:10 - 9 a.m. Matthew	Aqua Fitness 8:10 - 9 a.m. Chantel	Aqua Fitness 8:10 - 9 a.m. Candace	Aqua Fitness 8:10 - 9 a.m. Tannus	Aqua Fitness 8:10 - 9 a.m. Naz			
Public/Lane Swim 9 a.m. - noon <i>Subject to change due to school board lessons.</i>						Family Swim 9:30 - 11:30 a.m.	
						Lane Swim Shared 11:30 a.m. - 12:30 p.m.	
Lane Swim 12 - 1 p.m.					Public Swim 12:30 - 2:30 p.m.	Hot Tub CLOSED 1 - 3:30 p.m.	
50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m. Theresa/Candace	50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m. Candace	Aqua Zumba® 1:10 - 2 p.m. Jennifer	50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m. Brenda	Aqua Zumba® 1:10 - 2 p.m. Hiroe			
Lane & Public Shared Swim 2 - 4 p.m.	Lane & Public Shared Swim 2 - 4 p.m.	Lane & Public Shared Swim 2 - 4 p.m.	Lane & Public Shared Swim 2 - 4 p.m.	Public Swim 2 - 4 p.m.	Lane Swim - Adult/Youth 2:30 - 3:30 p.m.		
					Facility Closed		
					<div>Schedule Subject to Change.</div> <div></div> <div>Visit calgary.ca/KillarneyPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</div>		
NEW Aqua Fitness 8:10 - 8:55 p.m. Mary Lou							
		NEW Aqua Fitness 8:10 - 8:55 p.m. Julie D.					
Lane Swim - Adult/Youth 9 - 10 p.m.	Lane Swim 9 - 10 p.m.	Lane Swim - Adult/Youth 9 - 10 p.m.	Lane Swim 9 - 10 p.m.	Lane Swim - Adult/Youth 8:30 - 9:30 p.m.			
					Facility Closed		



Killarney Aquatic & Recreation Centre


1919 29 St. S.W.

Sept. 2 - Dec. 19, 2025

Dive Tank & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water Workout 6:10 - 7 a.m. Matthew	Self-Led Dive Tank Exercise 6 - 7 a.m.	Deep Water Workout 6:10 - 7 a.m. Brenda	Self-Led Dive Tank Exercise 6 - 7 a.m.	Deep Water Workout 6:10 - 7 a.m. Naz	Facility Closed	
Deep Water Workout 7:10 - 8 a.m. Matthew	Deep Water Workout 7:10 - 8 a.m. Chantel	Deep Water Workout 7:10 - 8 a.m. Brenda	Deep Water Workout 7:10 - 8 a.m. Tannus	Deep Water Workout 7:10 - 8 a.m. Naz		
Self-Led Dive Tank Exercise 8 - 9 a.m.	Self-Led Dive Tank Exercise 8 - 9 a.m.	Self-Led Dive Tank Exercise 8 - 9 a.m.	Self-Led Dive Tank Exercise 8 - 9 a.m.	Self-Led Dive Tank Exercise 8 - 9 a.m.	Deep Water Workout 7:40 - 8:30 a.m. Jennifer	Deep Water Workout 7:40 - 8:30 a.m. Julie D. / Candace
Open Dive Tank 9 a.m. - 12 p.m. <i>Subject to change due to school board lessons.</i>						NEW Tethered Deep Water Workout 8:40 - 9:25 a.m. Julie D. / Candace
						Open Dive Tank 9:30 - 11:30 a.m.
						Self-Led Dive Tank Exercise Shared 11:30 a.m. - 12:30 p.m.
50+ Deep Water Workout (Gentle 3) 12:05 - 1 p.m. Caitlin	Deep Water Workout 12:05 - 1 p.m. Matthew	50+ Deep Water Workout (Gentle 3) 12:05 - 1 p.m. Izabela	Deep Water Workout 12:05 - 1 p.m. Candace	50+ Deep Water Workout (Gentle 3) 12:05 - 1 p.m. Matthew	Open Dive Tank 12:30 - 2:30 p.m. Hot Tub CLOSED 1 - 3:30 p.m.	
NEW Deep Water Workout 1:10 - 2 p.m. Caitlin	NEW Tethered Deep Water Workout 1:15 - 2 p.m. Theresa	Self-Led Dive Tank Exercise 1 - 2 p.m.	Tethered Deep Water Workout 1:15 - 2 p.m. Candace	Self-Led Dive Tank Exercise 1 - 2 p.m.		
NEW Tethered Deep Water Workout 2:15 - 3 p.m. Candace		NEW Tethered Deep Water Workout 2:15 - 3 p.m. Jennifer		Open Dive Tank 2 - 4:30 p.m.		
Open Dive Tank 3:15 - 4:30 p.m.	Open Dive Tank 3:15 - 4:30 p.m.	Open Dive Tank 3:15 - 4:30 p.m.	Open Dive Tank 3:15 - 4:30 p.m.		Self-Led Dive Tank Exercise 2:30 - 3:30 p.m.	
					Schedule Subject to Change.  Visit calgary.ca/KillarneyPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.	
NEW Tethered Deep Water Workout 7:15 - 8 p.m. Mary Lou		NEW Tethered Deep Water Workout 7:15 - 8 p.m. Julie D.		Deep Water Workout 7:30 - 8:30 p.m. Nora N / Corinne		
NEW Deep Water Workout 8:10 - 8:55 p.m. Julie L.		NEW Deep Water Workout 8:10 - 8:55 p.m. Mary Lou		Self-Led Dive Tank Exercise 8:30 - 9:30 p.m.		
Self-Led Dive Tank Exercise 9 - 10 p.m.		Self-Led Dive Tank Exercise 9 - 10 p.m.		Facility Closed		
	Open Dive Tank 9 - 10 p.m.		Open Dive Tank 9 - 10 p.m.			

Dry Land DROP-IN Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Mind-Body Flow * Multipurpose C 6:05 - 6:55 a.m. Sue	Total Body Strength Fitness Studio 6:10- 7 a.m. Darryl	Mind-Body Flow * Multipurpose C 6:05 - 6:55 a.m. Naz			
NEW Pure Cycle Fitness Studio 7:45 - 8:45 a.m. Alanna		Pure Cycle Fitness Studio 7:10 - 8 a.m. Darryl		Stretch & Restore * Fitness Studio 7:45 - 8:45 a.m. Michelle	Total Body Workout Fitness Studio 8 - 8:50 a.m. Nora A.	Cardio Kickboxing Fitness Studio 8 - 8:50 a.m. Erika
Zumba® Fitness Studio 9 - 10 a.m. Jennifer	Total Body Strength Fitness Studio 9 - 10 a.m. Madeleine	Mind-Body Flow * Fitness Studio 9 - 10 a.m. Izabela	Core Conditioning Fitness Studio 9 - 10 a.m. Caroline	Pure Cycle Fitness Studio 9 - 10 a.m. Madeleine	Zumba® Fitness Studio 9 - 10 a.m. Jennifer	Mind-Body Flow * Fitness Studio 9 - 10 a.m. Erika
Total Body Workout Fitness Studio 10:15 - 11:15 a.m. Jennifer	Stretch & Restore * Multipurpose C 10:15 - 11:15 a.m. Madeleine	Total Body Workout Fitness Studio 10:15 - 11:15 a.m. Izabela	Mind-Body Flow * Multipurpose C 10:15 - 11:15 a.m. Caroline	Total Body Strength Fitness Studio 10:15 - 11:15 a.m. Madeleine	Stretch & Restore * Multipurpose C 10:15 - 11:15 a.m. Ted	Zumba® Fitness Studio 10:15 - 11:15 a.m. Hiroe
Stretch & Restore * Fitness Studio 11:20 - 11:50 a.m. Jennifer	Balance & Strength (Gentle 2) Fitness Studio 10:15 - 11:15 a.m. Aimee	Stretch & Restore * Fitness Studio 11:20 - 11:50 a.m. Izabela	Balance & Strength (Gentle 2) Fitness Studio 10:15 - 11:15 a.m. Munira	NEW Stretch & Restore * Fitness Studio 11:20 - 11:50 a.m. Faye		
	Balance & Strength (Gentle 2) Fitness Studio 11:25 a.m. - 12:25 p.m. Aimee		Balance & Strength (Gentle 2) Fitness Studio 11:25 a.m. - 12:25 p.m. Munira			
Cardio Kickboxing Fitness Studio 12 - 1 p.m. Emm / Marie	Stretch & Restore * Multipurpose C 12 - 1 p.m. Madeleine	Zumba® Fitness Studio 12 - 12:55 p.m. Jennifer	Stretch & Restore * Multipurpose C 12 - 1 p.m. Wendy	NEW Cycle Pump Fitness Studio 12 - 1 p.m. Faye		
Strong & Steady (Gentle 1) Multipurpose C 1:10 - 2 p.m. Jennifer	Strong & Steady (Gentle 1) Multipurpose C 1:10 - 2 p.m. Izabela		Strong & Steady (Gentle 1) Multipurpose C 1:10 - 2 p.m. Wendy		<p>Schedule Subject to Change.</p>  <p>Visit calgary.ca/KillarneyPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> <p>*Must bring your own yoga mat.</p>	
50+ Fitness (Gentle 3) Fitness Studio 1:15 - 2:15 p.m. Naz	Strong & Steady (Gentle 1) Multipurpose C 2:10 - 3 p.m. Izabela	50+ Fitness (Gentle 3) Fitness Studio 1:15 - 2:15 p.m. Naz	Strong & Steady (Gentle 1) Multipurpose C 2:10 - 3 p.m. Wendy	50+ Fitness (Gentle 3) Fitness Studio 1:15 - 2:15 p.m. Munira		
Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Naz		Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Naz		Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Munira		
		Total Body Workout Fitness Studio 4:45 - 5:45 p.m. Erika		NEW Dance Yourself Fit Multipurpose C 5 - 6 p.m. Corinne		
	NEW Total Body Workout Fitness Studio 6 - 7 p.m. Ted / Stephanie		Pure Cycle Fitness Studio 6 - 7 p.m. Ted	NEW Mind-Body Flow * Multipurpose C 6:10 - 7:10 p.m. Corinne		
	Mind-Body Flow * Fitness Studio 7:15 - 8:15 p.m. Izabela		Zumba® Fitness Studio 7:15 - 8:15 p.m. Chantel	NEW Total Body Workout Fitness Studio 7:20 - 8:20 p.m. Katherine M.		



Killarney Aquatic & Recreation Centre

1919 29 St. S.W.
Sept. 2 - Dec. 19, 2025

Tot/Kiddie Pool & Preschool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7 a.m. - 6 p.m.	Tot Pool Open 7:30 - 9 a.m.	Tot Pool Open 7:30 a.m. - 12:30 p.m.
					Tot Pool Open 12:30 - 2:30 p.m.	
					Facility Closed	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Play Multipurpose A 7 a.m. - 6 p.m.		Active Play Multipurpose A 7 a.m. - 6 p.m.		Active Play Multipurpose A 7 a.m. - 6 p.m.	Active Play Multipurpose A 7:30 a.m. - 2:30 p.m.	Active Play Multipurpose A 7:30 a.m. - 2:30 p.m.
	Active Play Multipurpose A 10 a.m. - 6 p.m.		Active Play Multipurpose A 10 a.m. - 6 p.m.		Schedule Subject to Change.  Visit calgary.ca/KillarneyPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.	