


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.	CLOSED	CLOSED
Deep Water Workout 7 - 7:55 a.m. TBD		Deep Water Workout 7 - 7:55 a.m. Mary Lou/Caroline		Deep Water Workout 7 - 7:55 a.m. Robyn		
Aqua Fitness 8 - 8:55 a.m. TBD		Aqua Fitness 8 - 8:55 a.m. Mary Lou/Caroline		Aqua Fitness 8 - 8:55 a.m. Wendy		
Lane Swim Shared 9 a.m. - 12 p.m.		Lane Swim Shared 9 a.m. - 12 p.m.		Lane Swim 9 a.m. - 12 p.m.		
Lane Swim 12 - 2 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 2 p.m. Deep Water Workout 1 - 1:55 p.m. Mary Lou	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 2 p.m.	<div>Schedule Subject to Change.</div> <div></div> <div>Visit calgary.ca/ShouldicePool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</div> <div>* DIVE TANK UNAVAILABLE</div>	
	Lane Swim / Public Swim Shared * 2 - 4 p.m.	Lane Swim / Public Swim Shared * 2 - 4 p.m.	Lane Swim / Public Swim Shared * 2 - 4 p.m.	Public Swim 2 - 4 p.m.		
		Public Swim 6 - 8 p.m.		Deep Water Workout 6 - 7 p.m. Ruby/Julie L		
				Self-Led Dive Tank 7 - 8 p.m.		
				Lane Swim 7 - 8 p.m.		