




# Sir Winston Churchill Aquatic Centre

1520 Northmount Dr NW.

Sept 2 - Dec. 21, 2025

## 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.	Facility Opens @ 7:30 a.m.	
Self - Led Dive Tank 6 - 9 a.m.	Self - Led Dive Tank 6 - 9 a.m.	Self - Led Dive Tank 6 - 7 a.m.	Self - Led Dive Tank 6 - 7 a.m.	Self - Led Dive Tank 6 - 9 a.m.		
		Deep Water Workout 7 - 7:50 a.m. Naz	Deep Water Workout 7 - 7:50 a.m. Rahmi			
		Self - Led Dive Tank 8 - 9 a.m.	Deep Water Workout 8 - 8:50 a.m. Rahmi		Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 8:30 a.m.
Aqua Fitness 8 - 8:50 a.m. Julie H	Lane Swim / Lane Walking 8 - 9 a.m.	Aqua Fitness 8 - 8:50 a.m. Naz	Lane Swim / Lane Walking 8 - 9 a.m.	Aqua Fitness 8 - 8:50 a.m. Julie H	Self - Led Dive Tank 7:30 - 8:30 a.m.	Deep Water Workout 7:40 - 8:30 a.m. Ruby
						Self - Led Dive Tank 8:30 - 9:30 a.m.
Lane Swim/Lane Walking Shared 12 - 1 p.m.	Aqua Fitness 12:05 - 1 p.m. Julie H	Lane Swim/Lane Walking Shared 12 - 1 p.m.	Aqua Fitness 12:05 - 1 p.m. Jody	Lane Swim/Lane Walking Shared 12 - 1 p.m. .		Aqua Fitness 8:35 - 9:25 a.m. Ruby
	Self - Led Dive Tank 12 - 1 p.m.		Self - Led Dive Tank 12 - 1 p.m.			
					Public Swim 12:30 - 2:30 p.m.	Public Swim 12:30 - 2:30 p.m.
Public Swim / Lane Swim Shared 3 - 4 p.m. (Main Pool Only Tuesdays and Fridays 3 - 4 p.m.)					Adult / Youth Lane Swim 2:30 - 3:30 p.m.	Adult / Youth Lane Swim 2:30 - 3:30 p.m.
	Deep Water Workout 3 - 3:50 p.m. Shelley			Deep Water Workout 3 - 3:50 p.m. Cori Ann		
Self - Led Dive Tank 4 - 5 p.m.		Self - Led Dive Tank 4 - 5 p.m.			Self - Led Dive Tank 2:30 - 3:30 p.m.	Self - Led Dive Tank 2:30 - 3:30 p.m.
Deep Water Workout 5 - 5:55 p.m. Wendy					<div>Schedule Subject to Change.</div> <div></div> <div>Please visit <a href="https://calgary.ca/ChurchillPool">calgary.ca/ChurchillPool</a> for the latest schedules, admission rates and class descriptions.</div>	
		Public Swim 7:30 - 9 p.m.		Lane Swim (Shared) 8 - 9 pm		
Adult/Youth Lane Swim 9 - 10 p.m.	Adult/Youth Lane Swim 9 - 10 p.m.	Adult/Youth Lane Swim 9 - 10 p.m.	Adult/Youth Lane Swim 9 - 10 p.m.	Facility Closed @ 9 p.m.		
Self - Led Dive Tank 9 - 10 p.m.	Self - Led Dive Tank 9 - 10 p.m.	Self - Led Dive Tank 9 - 10 p.m.	Self - Led Dive Tank 9 - 10 p.m.			




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Sept 2 - Dec. 21, 2025

## Fitness Studio Drop-in Dry Land Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>NEW!</b> <b>Yoga *</b> <b>MPA</b> 6:05 - 6:55 a.m. Sue	<b>Total Body Workout</b> 6:10 - 7 a.m. Liette	<b>NEW!</b> <b>Yoga *</b> <b>MPA</b> 6:05 - 6:55 a.m. Naz	<b>Total Body Workout</b> 6:10 - 7 a.m. Liette			
<b>Total Body Workout</b> 9 - 9:55 a.m. Julie	<b>Cardio Strength Intervals</b> 9 - 9:55 a.m. Gretchen	<b>Mind Body Flow *</b> 9 - 10 a.m. Bonita	<b>Total Body Workout</b> 9 - 9:50 a.m. Rahmi	<b>Cardio Strength Intervals</b> 9 - 10 a.m. Julie	<b>Cardio Pump</b> 9 - 10 a.m. Marie/Liette	<b>NEW!</b> <b>Mind Body Flow *</b> 8 - 9 a.m. Caroline B <i>Starts Sept 14</i>
		<b>Core Conditioning</b> <b>MPA</b> 9 - 9:50 a.m. Megan				
<b>Balance &amp; Strength (Gentle 2)</b> <b>MPA</b> 10 - 10:55 a.m. Connie		<b>Core Conditioning</b> <b>MPA</b> 10 - 10:50 a.m. Megan	<b>Zumba Gold ® (Gentle 3)</b> 10 - 10:50 a.m. Rahmi			
<b>50+ Fitness (Gentle 3)</b> 10:05 - 11 a.m. Bonita		<b>50+ Fitness (Gentle 3)</b> 10:05 - 11 a.m. Bonita		<b>50+ Fitness (Gentle 3)</b> 10:10 - 11:05 a.m. Connie	<b>Stretch &amp; Restore</b> 10:10 - 11 a.m. Marie/Liette	<b>NEW!</b> <b>Total Body Workout</b> 10:30 - 11:30 a.m. Katherine
<b>Drum Fitness</b> <b>MPA</b> 11:05 - 11:55 a.m. Bonita	<b>Balance &amp; Strength (Gentle 2)</b> <b>MPA</b> 11:20 - 12:10 p.m. Mark	<b>Drum Fitness</b> <b>MPA</b> 11 - 11:50 a.m. Maria	<b>Balance &amp; Strength (Gentle 2)</b> <b>MPA</b> 11 - 11:50 a.m. Naz	<b>Balance &amp; Strength (Gentle 2)</b> <b>MPA</b> 11:20 - 12:10 p.m. Connie		
<b>50+ Fitness (Gentle 3)</b> 11:10 a.m. - 12:10 p.m. Connie	<b>50+ Fitness (Gentle 3)</b> 11:05 - 11:55 a.m. Julie H		<b>Mind Body Flow *</b> 11 - 11:50 a.m. Rahmi			
	<b>50+ Fitness (Gentle 3)</b> 12 - 12:50 p.m. Naz		<b>NEW!</b> <b>Balance &amp; Strength (Gentle 2)</b> <b>MPA</b> 12 - 12:50 p.m. Marie <i>Starts Sept 18</i>		<b>Zumba ®</b> 11:15 a.m. - 12:15 p.m. Hiroe	
			<b>Athletic Pump</b> 12 - 12:55 p.m. Naz		<b>Schedule Subject to Change.</b>  Please visit <a href="https://calgary.ca/ChurchillPool">calgary.ca/ChurchillPool</a> for the latest schedules, admission rates and class descriptions. <b>Must bring your own mat</b> <b>MPA = Multi Purpose Room A</b>	
<b>NEW TIME</b> <b>Zumba ®</b> 1:15 - 2:05 p.m. Maria	<b>Stretch &amp; Restore *</b> 1 - 1:55 p.m. Naz	<b>Drum Fitness</b> <b>MPA</b> 1:30 - 2:15 p.m. Maria	<b>Stretch &amp; Restore *</b> 1 - 1:55 p.m. Naz	<b>Core Conditioning</b> <b>MPA</b> 1 - 1:50 p.m. Cori Ann		
	<b>NEW!</b> <b>Zumba ®</b> 2 - 2:50 p.m. Hiroe	<b>Balance &amp; Strength (Gentle 2)</b> 2 - 2:50 p.m. Wendy	<b>Zumba ®</b> 2:05 - 3 p.m. Chieko	<b>Dance Yourself Fit</b> 2 - 2:50 p.m. Cori Ann		
	<b>Mind Body Flow *</b> 3:20 - 4:20 p.m. Navin					
<b>NEW!</b> <b>Mind Body Flow *</b> 5 - 5:50 p.m. Megan	<b>Sweat &amp; Restore</b> 4:30 - 5:30 p.m. Jen	<b>Mind Body Flow *</b> 5 - 5:50 p.m. Darryl	<b>Total Body Workout</b> 5 - 6 p.m. Katherine/Marie			
<b>Core Conditioning</b> 6 - 6:50 p.m. Julie		<b>Total Body Workout</b> 6 - 7 p.m. Darryl				