



# Village Square Leisure Centre


2623 56 St. N.E.

Sept 2 - Dec 23, 2025

## Drop in Sport

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Basketball</b> 10 a.m. - 3:30 p.m.	<b>Badminton</b> 10 a.m. - 3:30 p.m.	<b>Basketball</b> 10 a.m. - 3:30 p.m.	<b>Badminton</b> 10 a.m. - 3:30 p.m.	<b>Badminton &amp; Basketball</b> 10 a.m. - 3:30 p.m.	No instructors provided for drop in sport	
<b>Badminton &amp; Basketball</b> 3:30 - 9 p.m.	<b>Basketball</b> 3:30 - 9 p.m.	<b>Badminton &amp; Basketball</b> 3:30 - 9 p.m.	<b>Badminton</b> 3:30 - 9 p.m.	<b>Badminton &amp; Basketball</b> 3:30 - 9 p.m.	<b>Badminton &amp; Basketball</b> 12 - 6 p.m.	<b>Badminton &amp; Basketball</b> 12 - 6 p.m.

## Drop in Swimming Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>Public Swim - Waves &amp; No Dive Tank</b> 10 - 10:30 a.m.	
				<b>Public Swim - Waves No Dive Tank</b> 12 - 2 p.m.		
<b>Public Swim - No Dive Tank, waves, structures</b> 1 - 3 p.m.	<b>Public Swim - Waves No Dive Tank</b> 1 - 5 p.m.	<b>Public Swim - No Dive Tank, waves, structures</b> 1 - 2 p.m.	<b>Public Swim - Waves No Dive Tank</b> 1 - 5 p.m.		<b>Public Swim - Waves &amp; Dive Tank</b> 10:30 a.m. - 6 p.m.	<b>Public Swim - Waves &amp; Dive Tank</b> 1 - 6 p.m.
<b>Aqua Fitness</b> 1:05 - 1:55 p.m. Mary Lou		<b>Deep Water Workout</b> 1:05 - 1:55 p.m. Chantel				
<b>Deep Water Workout</b> 2:05 - 2:55 p.m. Mary Lou						
<b>Public Swim - Waves No Dive Tank</b> 3 - 5 p.m.		<b>Public Swim - Waves No Dive Tank</b> 2 - 5 p.m.		<b>Public Swim - Waves &amp; Dive Tank</b> 2 - 8 p.m.	<b>Schedule Subject to Change</b>  Visit <a href="https://calgary.ca/VillageSquare">calgary.ca/VillageSquare</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes	
<b>Public Swim - Waves &amp; Dive Tank</b> 5 - 9 p.m.		<b>Public Swim - Waves &amp; Dive Tank</b> 5 - 9 p.m.				

Dive Tank, Thunder Run Slide and Safari is closed during swim lessons.




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## Drop in Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dance Yourself Fit</b> 9:40 - 10:30 a.m. Chantel			<b>50+ Strength &amp; Stretch (Gentle 3)</b> 9:10 - 10:10 a.m. Ka-Lee		<b>NEW Balance &amp; Strength (Gentle 2)</b> 11 - 11:50 a.m. Rosemaire	
<b>Mind-Body Flow*</b> 10:10 - 11 a.m. Mandy	<b>Living Healthy - Get Going (Gentle 2)</b> 10 - 10:50 a.m. Diana	<b>Living Healthy - Get Going (Gentle 2)</b> 10 - 10:50 a.m. Diana	<b>50+ Fitness (Gentle 3)</b> 10:20 - 11:15 a.m. Ka-Lee	<b>Mind-Body Flow*</b> 10 - 10:55 a.m. Rosemarie	<b>NEW Total Body Workout</b> 12 - 1 p.m. Rosemaire	<b>NEW Cycle &amp; Strength - Beginner</b> 12:30 - 1:20 p.m. Rosemarie
<b>Balance &amp; Strength (Gentle 2)</b> 11:10 - 12 p.m. Mandy	<b>Stretch &amp; Restore</b> 11 - 11:50 a.m. Diana	<b>Core Conditioning</b> 11 - 11:50 a.m. Diana	<b>Balance &amp; Strength (Gentle 2)</b> 11:25 a.m. - 12:10 p.m. Carlos	<b>Cycle &amp; strength - beginner</b> 11:10 - 12 p.m. Rosemarie		<b>NEW Mind-Body Flow*</b> 1:30 - 2:30 p.m. Rosemarie
<b>Drum Fitness</b> 12 - 12:45 p.m. Mary Lou		<b>Zumba</b> 12 - 12:45 p.m. Chantel	<b>Drum Fitness</b> 12:15 - 1:05 p.m. Carlos		<b>Schedule Subject to Change</b>  Visit <a href="https://calgary.ca/VillageSquare">calgary.ca/VillageSquare</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes. <b>* Must bring your own yoga mat</b>	
				<b>NEW Drum Fitness</b> 4:30 - 5:15 p.m. Sara		
	<b>Total Body Workout</b> 5:30 - 6:30 p.m. Ka-lee		<b>Total Body Workout</b> 5:30 - 6:30 p.m. Ka-lee	<b>Zumba</b> 5:30 - 6:20 p.m. Sara		

### ONLINE RESERVATION

#### Step 1

Go to [calgary.ca/liveandplay](https://calgary.ca/liveandplay) and click logon, or if you are first time user, click, create an account.

#### Step 2

Click on Drop-in Activities from the top left menu.

#### Step 3

Select your drop-in activity schedule of choice. (Aquatic; Fitness & Wellness; Preschool; Skating & Shinny; Sports), for your appointment.

#### Step 4

From the participant drop down menu, select the correct member.

#### Step 5

Select your class name, date and time and click **Book Now**. This will add the appointment to your basket.

#### Step 6

Once you are ready to complete your appointment, click **Checkout**. If there are items that require payment, a payment window will open.

### PHONE RESERVATION

To reserve by phone, call **403-268-3800** during the following time: Monday to Friday - 8:30 a.m. - 4 p.m.

Please note that we are experiencing high call volumes, which is increasing the wait times on the phones. We are working quickly to serve you and we appreciate your patience.