




Main Pool Swimming & Aquatic Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|--|--|---|--|--|--|--|---|
| Lane Swim 6 - 8 a.m. | Closed For Swim Club 6 - 7 a.m. | Lane Swim 6 - 8a.m. | Closed For Swim Club 6 - 7 a.m. | Lane Swim 6 - 8 a.m. | Pool Area CLOSED | | |
| | Lane Swim 7 - 8 a.m. | | Lane Swim 7 - 8 a.m. | | Lane Swim 7:30 - 8:30 a.m. | Lane Swim 7:30 - 8:30 a.m. | |
| Aqua Fitness 8:10 - 9 a.m. Matthew/Candace | Aqua Fitness 8:10 - 9 a.m. Jane | Aqua Fitness 8:10 - 9 a.m. Candace | Aqua Fitness 8:10 - 9 a.m. Navin | Aqua Fitness 8:10 - 9 a.m. Naz | | Closed for Swim Club 8:30 - 9:30 a.m. | |
| <p style="text-align: center;">Reserved for School Board Swimming Lessons 9 a.m. - noon</p> <p style="text-align: center;">We add Public/Lane swim when the schoolboards are not in. Please check current schedule changes online at calgary.ca/KillarneyPool</p> | | | | | <p style="text-align: center;">Swim Lessons (Saturday Weekly) 8:30 a.m. - 12:30 p.m.</p> | Lane Swim Shared 11:30 a.m. - 12:30 p.m. | |
| <p style="text-align: center;">Lane Swim 12 - 1 p.m.</p> | | | | | | Lane Swim Shared 11:30 a.m. - 12:30 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. Candace | Aqua Zumba® 1:10 - 2 p.m. Hiroe | <p style="text-align: center;">Public Swim 12:30 - 2:30 p.m.</p> | Swim Lessons (Sunday Weekly) 12:30 - 3:30 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. | Lane & Public Shared Swim 2 - 4 p.m. | Public Swim 2 - 4 p.m. | | Lane Swim - Adult/Youth 2:30 - 3:30 p.m. | Hot Tub CLOSED for cleaning 1 - 3:30 p.m. |
| <p style="text-align: center;">Closed for Swim Club 4 - 6 p.m.</p> | | | | | Pool Area CLOSED | | |
| Closed for Swim Club 6 - 7 p.m. | <p style="text-align: center;">Swim Lessons (Tues/Thurs) 6 - 9 p.m.</p> | Closed for Swim Club 6 - 7 p.m. | <p style="text-align: center;">Swim Lessons (Tues/Thurs) 6 - 9 p.m.</p> | Junior Lifeguard Club 6 - 7:30 p.m. | <p style="text-align: center;">Schedule Subject to Change.</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Visit calgary.ca/KillarneyPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> | | |
| Swim Lessons (Mon/Wed) 7 - 8 p.m. | | Swim Lessons (Mon/Wed) 7 - 8 p.m. | | Swim Lessons (Tues/Thurs) 6 - 9 p.m. | | | Closed for Swim Club 7:30 - 8:30 p.m. |
| Aqua Fitness 8:05 - 8:55 p.m. Mary Lou | | Aqua Fitness 8:05 - 8:55 p.m. Julie L. | | | | | Lane Swim 8:30 - 9:30 p.m. |
| Lane Swim - Adult/Youth 9 - 10 p.m. | | Lane Swim 9 - 10 p.m. | | Lane Swim - Adult/Youth 9 - 10 p.m. | | | Pool Area CLOSED |



Killarney Aquatic & Recreation Centre

1919 29 Street S.W.
April 1 - June 30, 2024

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. Sandra | Self-Led Dive Tank Exercise 6 - 7 a.m. | Deep Water Workout 6:10 - 7 a.m. Naz | Pool Area CLOSED | | | |
| Deep Water Workout 7:10 - 8 a.m. Matthew | Deep Water Workout 7:10 - 8 a.m. Jane | Deep Water Workout 7:10 - 8 a.m. Sandra | Deep Water Workout 7:10 - 8 a.m. Navin | Deep Water Workout 7:10 - 8 a.m. Naz | | | Deep Water Workout 7:40 - 8:30 a.m. Jennifer | Deep Water Workout 7:40 - 8:30 a.m. Julie D. |
| 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. | | | Self-Led Dive Tank Exercise 8:30 - 9:30 a.m. Open Dive Tank (Family Swim) 9:30 - 11:30 a.m. Self-Led Dive Tank Exercise Shared 11:30 a.m. - 12:30 p.m. | |
| Reserved for School Board Swimming Lessons 9 a.m. - noon We add Open Dive Tank swim when the schoolboards are not in. Please check schedule changes online at calgary.ca/KillarneyPool Mon DWW @ 11 am will resume July 8 Tues / Thurs Tethered & Wed / Fri DWW @ 11 & 11:10 a.m. will resume the Fall 2024 | | | | | Swim Lessons (Saturday Weekly) 8:30 a.m. - 12:30 p.m. | | | |
| 50+ Deep Water Workout (Gentle 3) 12:05 - 1 p.m. Mary Lou | Deep Water Workout 12:05 - 1 p.m. Maria | 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. Carolyn | Open Dive Tank (Public Swim) 12:30 - 2:30 p.m. Swim Lessons (Saturday Weekly) 12:30 - 3:30 p.m. Hot Tub CLOSED for cleaning 1 - 3:30 p.m. | | | |
| Self-Led Dive Tank Exercise 1 - 2 p.m. | NEW Tethered Deep Water Workout (Registered) 1:10 - 2:10 p.m. Maria | Self-Led Dive Tank Exercise 1 - 2 p.m. | NEW Tethered Deep Water Workout (Registered) 1:10 - 2:10 p.m. Theresa | Self-Led Dive Tank Exercise 1 - 2 p.m. | | | Open Dive Tank 2 - 4:30 p.m. | |
| Open Dive Tank 2 - 4:30 p.m. | Open Dive Tank 2:15 - 4:30 p.m. | Open Dive Tank 2 - 4:30 p.m. | Open Dive Tank 2:15 - 4:30 p.m. | Open Dive Tank 2 - 4:30 p.m. | | | | |
| Closed for Swim Club 4:30 - 6 p.m. | | | | | Pool Area CLOSED | | | |
| Swim Lessons (Mon/Wed) 6 - 7 p.m. | Swimming Lessons (Tues/Thurs) 6 - 9 p.m. | | Swim Lessons (Mon/Wed) 6 - 7 p.m. | Junior Lifeguard Club 6 - 7:30 p.m. | | | | |
| Tethered Deep Water Workout 7:10 - 7:55 p.m. Mary Lou | | | Tethered Deep Water Workout 7:10 - 7:55 p.m. Julie D. | | | Swimming Lessons (Tues/Thurs) 6 - 9 p.m. | | |
| Deep Water Workout 8:05 - 8:55 p.m. Julie L. | | | Deep Water Workout 8:05 - 8:55 p.m. Julie D. | Deep Water Workout 7:30 - 8:30 p.m. Cynthia Self-Led Dive Tank Exercise 8:30 - 9:30 p.m. | | | | |
| Self-Led Dive Tank Exercise 9 - 10 p.m. | | | Open Dive Tank 9 - 10 p.m. | | | Self-Led Dive Tank Exercise 9 - 10 p.m. | Open Dive Tank 9 - 10 p.m. | Pool Area CLOSED |

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.



Killarney Aquatic & Recreation Centre

1919 29 Street S.W.
April 1 - June 30, 2024

Tot/Kiddie Pool & Preschool Schedule


| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|--|
| Closed Adult/Youth Only 6 - 7 a.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 a.m. - 6 p.m. | Tot Pool Open 7:30 - 8:30 a.m. | Tot Pool Open 7:30 a.m. - 12:30 p.m. |
| | | | | | Closed for Swim Lessons 8:30 a.m. - 12:30 p.m. | |
| | | | | | Tot Pool Open 12:30 - 2:30 p.m. | Closed for Swim Lessons 12:30 - 3:30 p.m. |
| | | | | | Closed Adult/ Youth Only 2:30 - 3:30 p.m. | |
| Closed 6- 10 p.m. | Closed 6 - 10 p.m. | Closed 6- 10 p.m. | Closed 6 - 10 p.m. | Closed 6 - 9 p.m. | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Active Play Multipurpose A 7 a.m. - 6 p.m. | Preschool - Parent & Tot - Wiggle, Giggle & Move (1.5 - 2 yrs) (Registered) Multipurpose A 8:45 - 9:45 a.m. Leah | Active Play Multipurpose A 7 a.m. - 12 p.m. | Preschool - Parent & Tot - Move, Imagine, Play (1.5 - 2 yrs) (Registered) Multipurpose A 8:45 - 9:45 a.m. Leah | Active Play Multipurpose A 7 a.m. - 8 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. |
| | Preschool - All About Animals (3 - 5 yrs) (Registered) Multipurpose B 10 a.m. - 12 p.m. Leah | Preschool - Parent & Tot - Rhyming Tme (1.5 - 2 yrs) (Registered) Multipurpose A 12:30 - 1:15 p.m. Sue | Preschool - Little Explorers (3 - 5 yrs) (Registered) Multipurpose B 10 a.m. - 12 p.m. Leah | | | |
| | Preschool - Imagine If You Were (3 - 5 yrs) (Registered) Multipurpose B 12:30 - 2:30 p.m. Leah | Yoga - Preschool (3 - 5 yrs) (Registered) Multipurpose B 1:30 - 2:30 p.m. Sue | Preschool - Music Makers / ABC Club (3 - 5 yrs) (Registered) Multipurpose B 12:30 - 2:30 p.m. Leah | | | |
| | Active Play Multipurpose A 10 a.m. - 6 p.m. | Active Play Multipurpose A 1:30 - 6 p.m. | Active Play Multipurpose A 10 a.m. - 6 p.m. | | | |
| Schedule Subject to Change. | | | | | | |
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| | | | | | | Visit calgary.ca/KillarneyPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes. |



Killarney Aquatic & Recreation Centre


1919 29 Street S.W.
April 1 - June 30, 2024

Dry Land DROP-IN Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|--|--|
| | Mind-Body Flow * Multipurpose C 6:05 - 6:55 a.m. Naz | NEW Total Body Workout Fitness Studio 6:15 - 7:15 a.m. Darryl (begin May 1) | Mind-Body Flow * Multipurpose C 6:05 - 6:55 a.m. Sue | | | |
| NEW Pure Cycle Fitness Studio 7:45 - 8:45 a.m. Rosemarie (begin April 22) | | NEW Pure Cycle Fitness Studio 7:30 - 8:30 a.m. Darryl (begin May 1) | | NEW Stretch & Restore * Fitness Studio 7:45 - 8:45 a.m. Michelle | Total Body Workout Fitness Studio 8 - 8:50 a.m. Nora | Cardio Kickboxing Fitness Studio 8 - 8:50 a.m. Erika |
| Zumba® Fitness Studio 9 - 10 a.m. Jennifer | Total Body Workout Fitness Studio 9 - 10 a.m. Madeleine | Mind-Body Flow * Fitness Studio 9 - 10 a.m. Izabela | NEW Core Conditioning Fitness Studio 9 - 10 a.m. Helen | 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. Helen | Total Body Workout 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 |
| | Balance and Strength (Gentle 2) Fitness Studio 10:45 - 11:45 a.m. Katherine | | Balance and Strength (Gentle 2) Fitness Studio 10:45 - 11:45 a.m. Katherine | | | |
| Cardio Kickboxing Fitness Studio 12 - 1 p.m. Marie/Emm | 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 | Cycle Pump Fitness Studio 12 - 1 p.m. David | | |
| 50+ Fitness (Gentle 3) Fitness Studio 1:15 - 2:15 p.m. Naz | Strong & Steady (Gentle 1) Multipurpose C 1:15 - 2:15 p.m. Wendy | 50+ Fitness (Gentle 3) Fitness Studio 1:15 - 2:15 p.m. Naz | Strong & Steady (Gentle 1) Multipurpose C 1:15 - 2:15 p.m. Wendy | Dance Yourself Fit - Light (Gentle 3) Fitness Studio 1:15 - 2:15 p.m. Corinne | | |
| Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Naz | NEW Dance Yourself Fit - Light (Gentle 3) Fitness Studio 2:30 - 3:30 p.m. Beth (begin April 30) | Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Naz | | Mind-Body Flow * Fitness Studio 2:25 - 3:25 p.m. Corinne | <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> | |
| | | | | | | |
| | Cardio & Strength Intervals Fitness Studio 6 - 7 p.m. Gretchen | Cycle Pump Fitness Studio 4:45 - 5:45 p.m. Ron | Pure Cycle Fitness Studio 6 - 7 p.m. Ted | | | |
| | Mind-Body Flow * Fitness Studio 7:15 - 8:15 p.m. Izabela | | Zumba® Fitness Studio 7:15 - 8:15 p.m. Chantel | | | |



Dry Land REGISTERED Fitness, Yoga, Pilates & Martial Arts Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|---|--|--|
| Private Booking Multipurpose C 9 a.m. - 12:30 p.m. | Pilates * Multipurpose C 9 - 10 a.m. Sandi | Private Booking Multipurpose C 9 a.m. - 12:30 p.m. | | NEW Parent & Baby - Pilates Multipurpose C 9:15 - 10:05 a.m. Naz | Weight Room Orientation - Youth & Adult Weight Room 9 - 10 a.m. Madeleine | NEW Pilates * Multipurpose C 7:45 - 8:45 a.m. (May) Sandi |
| | | | Yoga For a Healthy Back * Multipurpose B 9:30 - 10:30 a.m. Agatha | Pilates * Multipurpose C 9 - 10 a.m. Sandi | NEW Qigong (Gentle 3) - Older Adult Multipurpose B 8:30 - 9:15 a.m. Greg | |
| NEW Weight Room Orientation - Older Adult Weight Room 10:15 - 11:15 a.m. Madeleine | Parent & Baby - TRX - Outdoor Stroller Fitness Studio 12 - 1 p.m. Susan | | | Parent & Baby - Barre Multipurpose C 10:20 - 11:10 a.m. Naz | Karate Introductory - All Ages (7 years - Adult) Fitness Studio 10:10 - 11:10 a.m. James | Kung Fu - Kids (6 - 9 yrs) Multipurpose B 9:30 - 10:15 a.m. Greg |
| Small Group Training - Power Hour Circuit Weight Room 11:20 a.m. - 12:20 p.m. NEW 12:25 - 1:25 p.m. Madeleine | Parent & Baby - TRX - Outdoor Stroller Fitness Studio 1:15 - 2:15 p.m. Susan | | | Parent & Baby - Yoga * Multipurpose B 10:40 - 11:30 a.m. Agatha | Karate Continuing - All Ages (7 years - Adult) Fitness Studio 11:20 - 12:20 p.m. James | NEW Kung Fu Continuing - All Ages (6 years - Adult) Multipurpose B 10:30 - 11:15 a.m. Greg |
| Private Booking Multipurpose C 1 - 2:30 p.m. | | | | Small Group Training - Power Hour Circuit Weight Room 11:20 a.m. - 12:20 p.m. Madeleine | Self Defense & Awareness Workshop Fitness Studio 12:30 - 2:30 p.m. Heather | Pilates * Fitness Studio 11:30 a.m - 12:30 p.m. (April) Sandi |
| Kickboxing Fitness Studio 4:45 - 5:45 p.m. Charles | Alberta Cancer Exercise - Survivorship Fitness Studio 4 - 4:45 p.m. Iris | | Alberta Cancer Exercise - Survivorship Fitness Studio 4 - 4:45 p.m. Iris | NEW Nordic Pole Walking Outdoor/ Multipurpose B 11:45 a.m. - 12:45 p.m. Agatha | Cycle & Core Introductory Fitness Studio 12:45 - 1:45 p.m. Matthew | TRX Strength Fitness Studio 12:45 - 1:45 p.m. Matthew |
| Barre Multipurpose C 5:15 - 6:15 p.m. Agatha | | | | | TRX Strength Fitness Studio 2 - 3 p.m. Matthew | TRX Yoga Fusion Fitness Studio 2 - 3 p.m. Matthew |
| NEW Discover Mindfulness Workshop Multipurpose D 6 - 9 p.m. Tina | | | | | <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> | |
| Yoga * Fitness Studio 6 - 7 p.m. Kathy | | Prenatal Yoga * Multipurpose C 6 - 7 p.m. Valarie | | | | |
| Essentrics: Dynamic Strength & Stretch * Multipurpose C 6:30 - 7:30 p.m. Zsuzsa | | NEW Yoga - Restorative (Gentle 2) * Multipurpose C 7:15 - 8:15 p.m. Valarie | Yoga For a Healthy Back * Multipurpose C 4:50 - 5:50 p.m. Cristina | Taekwondo - Kids (6 - 9 yrs) Fitness Studio 4:30 - 5:15 p.m. Carlos | | |
| NEW Mindfulness Practices Multipurpose B 6:40 - 7:40 p.m. Tina | Tai Chi (Gentle 3) Multipurpose B 6 - 7 p.m. Yan | Karate Introductory - All Ages (7 years - Adult) Fitness Studio 6 - 7 p.m. Tannys | Pilates * Multipurpose C 6 - 7 p.m. Cristina | Taekwondo - Kids (10 - 12 yrs) Fitness Studio 5:25 - 6:25 p.m. Carlos | | |
| Yoga - Restorative (Gentle 2) * Fitness Studio 7:15 - 8:15 p.m. Kathy | Qigong (Gentle 3) Multipurpose B 7:10 - 8:10 p.m. Yan | Karate Continuing - All Ages (7 years - Adult) Fitness Studio 7:10 - 8:10 p.m. Tannys | Barre Multipurpose C 7:15 - 8:15 p.m. Erika | Taekwondo Continuing - All Ages (10 years - Adult) Fitness Studio 6:35 - 7:35 p.m. Carlos | | |