


## Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Lane Swim 6 - 7 a.m.		Lane Swim 6 - 7 a.m.		<p><b>Additional swim times have been added to accommodate Foothills pool shutdown.</b></p>	
	Lane Swim Shared 7 - 8 a.m.	Lane Swim 6 - 8 a.m.	Lane Swim Shared 7 - 8 a.m.	Lane Swim 6 - 8 a.m.		
	Deep Water Workout 7 - 8 a.m.		Deep Water Workout 7 - 8 a.m.			
	Aqua Fitness 8 - 9 a.m.	Aqua Fitness 8 - 9 a.m.	Aqua Fitness 8 - 9 a.m.	Aqua Fitness 8 - 9 a.m.		
	Lane Swim Shared 9 - 10:30 a.m.		Lane Swim Shared 9 - 10:30 a.m.			
	Aqua - H.E.A.T Registered 9 - 10 a.m.	Lanes Swim/ Family Swim Shared 9 a.m. - 12 p.m.	Aqua - H.E.A.T Registered 9 - 10 a.m.	Lane Swim/ Family Swim Shared 9 a.m. - 12 p.m.		
	Aqua - H.E.A.T Registered 10 - 11 a.m.		Lane Swim 10:30 a.m. - 2 p.m.			
	Lane Swim 10:30 a.m. - 2 p.m.					
		Deep Water Workout 12 - 1 p.m.		Lane Swim 12 - 2 p.m.	<p><b>Schedule Subject to Change.</b></p>	
Lane Swim 1 - 4 p.m.	Lane Swim / Public Swim shared 2 - 4 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim / Public Swim shared 2 - 4 p.m.	Public Swim 2 - 4 p.m.		
Reserved For Booking 4 - 6 p.m.	Reserved For Booking 4 - 7 p.m.	Reserved For Booking 4 - 6 p.m.	Tethered Deep Water Workout (Registered) 4 - 5 p.m.	Reserved For Booking 4 - 7 p.m.		
Reserved For Swim Lessons 6 - 8 p.m.		Self Led Dive Tank 4 - 6 p.m.	Reserved For Booking 4 - 7 p.m.			
Reserved For Booking 7:30 - 9 p.m.	Reserved For Swim Lessons 6 - 8 p.m.	Reserved For Swim Lessons 6 - 8 p.m.	Reserved For Swim Lessons 6 - 8 p.m.	Deep Water Workout 6 - 7 p.m.		
				Reserved For Swim Lessons 7 - 8 p.m.		

Visit [calgary.ca/ShouldicePool](http://calgary.ca/ShouldicePool) for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.