


Drop-In Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Lane Swim 6 - 7 a.m. Deep Water Workout 7 - 8 a.m. Aqua Fitness 8 - 9 a.m. Aqua - H.E.A.T Registered 9 - 10 a.m. Aqua - H.E.A.T Registered 10 - 11 a.m. Lane swim Shared 10 - 11 a.m. Lane Swim 11 a.m. - 1 p.m.		Lane Swim 6 - 7 a.m. Deep Water Workout 7 - 8 a.m. Aqua Fitness 8 - 9 a.m. Aqua - H.E.A.T Registered 9 - 10 a.m. Lane swim Shared 10 - 11 a.m. Lane Swim 11 a.m. - 1 p.m.	Dive Tank Availability: Wednesday 5 - 6 p.m. Tot Pool Hours An opportunity for patrons and their toddlers to play and learn while enjoying a separate shallow water basin suited to younger children. Monday 2:30 - 9 p.m. Tuesday 6 a.m. - 9 p.m. Wednesday 1 - 9 p.m. Thursday 6 a.m. - 7 p.m.		
Lane Swim 1 - 4 p.m.	Lane Walking 1 - 2 p.m. Lane Swim 2 - 4 p.m.	Lane Swim 1-4 p.m.	Lane Walking 1 - 2 p.m. Lane Swim 2 - 4 p.m.	Schedule Subject to Change <div style="text-align: center;">  </div> Visit calgary.ca/FoothillsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.		
Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m. Self-Led Dive Tank 5 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.			
Reserved for lessons 6 - 9 p.m.	Deep Water Workout 6 - 7 p.m.	Reserved for lessons 6 - 9 p.m.	Deep Water Workout 6 - 7 p.m.			
Reserved for Swim Club 8 - 9 p.m.	Reserved for Swim Club 6 - 9 p.m.		Reserved for Swim Club 6 - 9 p.m.			