



Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 12 - 2 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.	<p>Schedule Subject to Change</p>  <p>Visit calgary.ca/AcadiaPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p>		
	Deep Water Workout 1:05 - 2 p.m. Mary Lou	Deep Water Workout 1:05 - 2 p.m. Cindy	Deep Water Workout 1:05 - 2 p.m. Leona			
Deep Water Workout 2:10 - 3 p.m. Leona	Aqua Fitness 2:05 - 3 p.m. Mary Lou	Aqua Fitness 2:05 - 3 p.m. Cindy	Aqua Fitness 2:05 - 3 p.m. Leona			
Public/Lane Swim Shared 3 - 4 p.m.	Public/Lane Swim Shared 3 - 5 p.m.	Public/Lane Swim Shared 3 - 4 p.m.	Public/Lane Swim Shared 3 - 5 p.m.			
Reserved for Swim Clubs 4 - 7 p.m.	Registered Swim Lessons 5 - 8 p.m.	Reserved for Swim Clubs 4 - 7 p.m.	Registered swim Lessons 5 - 8 p.m.			
Lane Swim 7:05 - 8 p.m..		Deep Water Workout 7:05 - 8 p.m. Caitlin				

2024 Pool admission rates

	Preschool (0-5Y)	Child (6-12Y)	Youth (13-17Y)	Adult (18 - 64Y)	Senior (65Y+)	Family	Single Parent Family
Drop In	Free	3.95	4.40	8.70	5.65	17.75	11.65
10x Pass	Free	37.10	41.30	81.80	53.00	166.80	109.50
1 Month	Free	21.80	28.25	56.60	36.40		
12 Month	Free	261.60	339.00	679.20	436.80		

Dry Land Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Workout 12:05 - 1 p.m. Leona	Get Going (Gentle 2) 12:05 - 1 p.m. Leona	50+ Fitness (Gentle 3) 12:05 - 1 p.m. Leona	New! Parent and Baby Yoga (Apr 4 - May 9) (Registered) Helen 11:45 a.m. - 12:35 p.m.			
Balance and Strength (Gentle 2) 1:05 - 2 p.m. Leona	Strong and Steady (Gentle 1) 1:05 - 2 p.m. Leona	New! Completely Cardio 1:05 - 1:50 p.m. Leona	Core Conditioning 1 - 2 p.m. Gail			
			Cardio and Strength Intervals 2:05 - 3 p.m. Gail			
	Dance Yourself Fit 3:30 - 4:25 pm Cori Ann		New! Parent and Baby stroller Fitness (May 16 - June 20) (Registered) Rosemarie 2:15 - 3:15 p.m.			
New! Prenatal Yoga (Apr 8 - May 13) 5:30 - 6:30 p.m. (Registered) Helen Yin Yoga (May 27 - June 24) 5:30 - 6:30 p.m. (Registered) Michelle	*Mind Body Flow 4:35 - 5:35 p.m. Cori Ann	Total Body Workout 5:30 - 6:30 p.m. Leona				
New! Buns & Bellies (Apr 8 - May 13) (Registered) 6:35 - 7:35 p.m. Helen Abs & Arms (May 27 - June 24) (Registered) 6:35 - 7:35 p.m. Michelle	New! Karate - Intro All Ages (Apr 16 - May 14 May 21 - June 25) (Registered) 5:45 - 6:45 p.m. Stephen	Taekwondo - Intro All Ages (Apr 10 - May 15 May 22 - June 26) (Registered) 5:30 - 6:30 p.m. Carlos				
	New! Karate Continuing All Ages (Apr 16 - May 14 May 21 - June 25) (Registered) 6:55 - 7:55 p.m. Stephen	Taekwondo - Continuing For Everyone (Apr 10 - May 15 May 22 - June 26) (Registered) 6:40 - 7:40 p.m. Carlos				

Schedule Subject to Change



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*** Must bring your own mat to all yoga classes***