




Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED		<p>Lane Swim 6 - 8 a.m.</p>		<p>Lane Swim 6 - 8 a.m.</p>	CLOSED	CLOSED
		<p>Aqua Fitness 8 - 9 a.m.</p>		<p>Aqua Fitness 8 - 9 a.m.</p>		
		<p>Lanes Swim/ Family Swim Shared 9 a.m. - 12 p.m.</p>		<p>Lane Swim/ Family Swim Shared 9 a.m. - 12 p.m.</p>		
		<p>Lane Swim 12 - 2 p.m.</p>	<p>Deep Water Workout 12 - 1 p.m.</p>	<p>Lane Swim 12 - 2 p.m.</p>	<p>Lane Swim 12 - 2 p.m.</p>	<p>Schedule Subject to Change.</p>  <p>Visit calgary.ca/ShouldicePool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p>
		<p>Lane Swim 12 - 2 p.m.</p>	<p>Lane Swim 12 - 2 p.m.</p>			
	<p>Lane Swim / Public Swim Shared 2 - 4 p.m.</p>	<p>Lane Swim/ Public Swim Shared 2 - 4 p.m.</p>	<p>Lane Swim / Public Swim Shared 2 - 4 p.m.</p>	<p>Public Swim 2 - 4 p.m.</p>		
	<p>Reserved For Booking 4 - 6 p.m.</p>	<p>Reserved For Booking 4 - 6 p.m.</p>	<p>Tethered Deep Water Workout (Registered) 4 - 5 p.m.</p>	<p>Reserved For Booking 4 - 6 p.m.</p>		
		<p>Self Led Dive Tank 4 - 6 p.m.</p>	<p>Reserved For Booking 4 - 7 p.m.</p>			
	<p>Reserved For Swim Lessons 6 - 8 p.m.</p>	<p>Public Swim 6 - 8 p.m.</p>	<p>Reserved For Swim Lessons 6 - 8 p.m.</p>	<p>Deep Water Workout 6 - 7 p.m.</p>		
				<p>Lane Swim 7 - 8 p.m.</p>		
			<p>Self Led Dive Tank 7 - 8 p.m.</p>			