




Thornhill Aquatic & Recreation Centre

6715 Centre Street N.W.


April 1 - June 30, 2024

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim/ Walk 6 - 8 a.m.	Lane Swim/ Walk 6 - 9 a.m.	Lane Swim/ Walk 6 - 8 a.m.	Lane Swim/ Walk 6 - 9 a.m.	Lane Swim/ Walk 6 - 8 a.m.	Reserved for Swim Club 7:30 - 9 a.m.	Lane Swim/ Walk 7:30 - 8 a.m.
Aqua Fitness 8 - 9 a.m. Bonita		Aqua Fitness 8 - 9 a.m. Julie H		Aqua Fitness 8 - 9 a.m. Navin		Aqua Fitness 9:05 - 10 a.m. Lorraine / Jane
Reserved for School Lessons 9 a.m. - 12 p.m. Additional swim times may be available. Please check calgary.ca/ThornhillPool					Swimming Lessons 10 a.m. - 1 p.m.	Aqua Fitness 8 - 8:55 a.m. Julie L / Lynn
Lane Swim/ Walk 12 - 1 p.m.	Aqua Fitness 12 - 1 p.m. Bonita	Lane Swim/ Walk 12 - 1 p.m.	Aqua Fitness 12 - 1 p.m. Bonita	Lane Swim/ Walk 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m. Lorraine / Mary Lou	Swimming Lessons 9 a.m. - 1 p.m.
	Deep Water Workout 12 - 1 p.m. Jody		Deep Water Workout 12 - 1 p.m. Mary Lou		Family Swim/ Shared 12 - 1 p.m.	
Reserved for School Lessons 1 - 3 p.m. Additional swim times may be available. Please check calgary.ca/ThornhillPool					Public Swim 1 - 2:30 p.m.	Public Swim 1 - 2:30 p.m.
Deep Water Workout 3 - 4 p.m. Jody	Public Swim 3 - 4:30 p.m.	Deep Water Workout 3 - 4 p.m. Dawn	Public Swim 3 - 4:30 p.m.	Public Swim 3 - 4 p.m.	Lane Swim Shared 2:30 - 3:30 p.m.	Lane Swim Shared 2:30 - 3:30 p.m.
Public Swim 3 - 4 p.m.		Public Swim 3 - 4 p.m.				
Reserved for Swim Club 4 - 6 p.m.					Schedule Subject to Change.  Visit calgary.ca/ThornhillPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.	
Deep Water Workout 4:50 - 5:50 p.m. Jody		Deep Water Workout 4:50 - 5:50 p.m. Carolyn	Hot Tub Closed 8 - 10 p.m.			
Swimming Lessons 6 - 8 p.m.	Swimming Lessons 6 - 9 p.m.	Swimming Lessons 6 - 8 p.m.	Swimming Lessons 6 - 9 p.m.	JLC Program (Registered) 6 - 7:30 p.m.		
Lane swim 8 - 9 p.m.	Tethered Deep Water Workout (Registered) 7:45 - 8:45 p.m. Mary Lou	Lane swim 8 - 9 p.m.	Tethered Deep Water Workout (Registered) 7:45 - 8:45 p.m. Navin	Public Swim 7:30 - 8:30 p.m.		
Adult Only Lane swim 9 - 10 p.m.	Adult Only Lane Swim 9 - 10 p.m.	Adult Only Lane Swim 9 - 10 p.m.	Adult Only Lane Swim 9 - 10 p.m.	Adult Only Lane Swim 8:30 - 9:30 p.m.		



Dry Land Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	NEW! Total Body Workout 6:10 - 7 a.m. Liette		NEW! Total Body Workout 6:10 - 7 a.m. Liette			
Total Body Workout 9:15 - 10:15 a.m. Wendy	Cardio Pump 9:15 - 10:15 a.m. Karen	Total Body Workout 9:15 - 10:15 a.m. Julie H	Cardio Pump 9:15 - 10:15 a.m. Carolyn	Total Body Workout 9:15 - 10:15 a.m. Brandi	Karate Continuing - Youth & Adult (Registered) 8 - 9 a.m. Heather	Step Pump 9 - 10 a.m. Kordi
Balance & Strength (Gentle 2) 10:40 - 11:30 a.m. Wendy	Pilates * 10:30 - 11:30 a.m. (Registered) Wendy		Yoga for Healthy Backs * 9:30 - 10:30 a.m. (Registered) Agatha	Balance & Strength (Gentle 2) 10:40 - 11:30 a.m. Bonita	Total Body Workout 9:15 - 10:15 a.m. Kordi / Marie	Mind Body Flow * 10:30 - 11:30 a.m. Dawn
	50+ Fitness (Gentle 3) 11 - 11:50 a.m. Bonita		50+ Fitness (Gentle 3) 11 - 11:50 a.m. Bonita		Mind Body Flow * 10:30 - 11:30 a.m. Lorraine Every 2nd week	
Cardio & Strength Intervals 12 - 12:55 p.m. Wendy	NEW! Older Adult Strength Essentials 11:45 a.m. - 12:45pm (Registered) Wendy		NEW! Parent & Baby - Strong 12:45 - 1:45 p.m. (Registered) Rahmi		50+ Fitness (Gentle 3) 12 - 1 p.m. Khusbu	Zumba 1 - 2 p.m. Rahmi
50+ Fitness (Gentle 3) 1:10 - 2 p.m. Pat		Balance & Strength (Gentle 2) 1:10 - 2 p.m. Elise	Zumba Gold® (Gentle 3) 2 - 3 p.m. Rahmi			Self Defence Workshop (registered) 12:30 - 3:30 p.m. April 28 Heather
	Private Booking 4:30 - 4:50 p.m.		Private Booking 4:30 - 4:50 p.m.		Schedule Subject to Change.	
Step 5 - 6 p.m. Sari / Kordi	Pure Strength (Registered) 5 - 6 p.m. Marie	Cardio & Strength Intervals 5 - 6 p.m. Sari	Mind Body Flow * 5 - 6 p.m. Dawn	Total Body Workout 4:30 - 5:30 p.m. Sari		
Karate - Kids (Registered) 5 - 6 p.m. Heather	Cardio Kickboxing 6:15 - 7:15 p.m. Marie	Tai Chi (Registered) 6:15 - 7:15 p.m. Yan	Step Pump 6:15 - 7:15 p.m. Sari	Kickboxing - Youth & Adult (Registered) 6 - 7 p.m. Chuck		
Karate - Kids (Registered) 6:15 - 7:15 p.m. Heather	Barre 7:30 - 8:30 p.m. (Registered) Marie		Pilates * (Registered) 7:30 - 8:30 p.m. Wendy			
	Yoga * (Registered) 7:30 - 9 p.m. Claudia					

* Must bring your own yoga mat