




Village Square Leisure Centre

2623 56 Street N.E.

April 29 - June 30, 2024

Swimming Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>ONLINE RESERVATION</p> <p>Step 1 Go to calgary.ca/liveandplay and click logon, or if you are first time user, click, create an account.</p> <p>Step 2 Click on Drop-in Activities from the top left menu.</p> <p>Step 3 Select your drop-in activity schedule of choice. (Aquatic; Fitness & Wellness; Preschool; Skating & Shiny; Sports), for your appointment.</p> <p>Step 4 From the participant drop down menu, select the correct member.</p> <p>Step 5 Select your class name, date and time and click <u>Book Now</u>. This will add the appointment to your basket.</p> <p>Step 6 Once you are ready to complete your appointment, click <u>Checkout</u>. If there are items that require payment, a payment window will open.</p> <p>PHONE RESERVATION To reserve by phone, call 403-268-3800 during the following time: Monday to Friday - 8:30 a.m. - 4 p.m. Please note that we are experiencing high call volumes, which is increasing the wait times on the phones. We are working quickly to serve you and we appreciate your patience.</p>					<p>Public Swim - Waves & No Dive Tank 10 a.m. - 12 p.m.</p>	<p>Swimming Lessons 10 a.m. - 1:15 p.m.</p>
				<p>Public Swim - Waves & No Dive Tank 12 - 3 p.m.</p>	<p>Public Swim - Waves & Dive Tank 12 - 6 p.m.</p>	
<p>Public Swim - No Waves & No Dive Tank 1 - 3 p.m.</p>	<p>Public Swim - Waves & No Dive Tank 1 - 4 p.m.</p>	<p>Public Swim - No Waves & No Dive Tank 1 - 3 p.m.</p>	<p>Public Swim - Waves & No Dive Tank 1 - 4 :45 p.m.</p>			<p>Public Swim - Waves & Dive Tank 1:15 - 6 p.m.</p>
<p>Aqua Fitness 1:05 - 1:55 p.m.</p>		<p>Aqua Fitness 1:05 - 1:55 p.m.</p>				
<p>Deep Water Workout 2:05 - 2:55 p.m.</p>	<p>Public Swim - Waves & Dive Tank 4 - 9 p.m.</p>	<p>Deep Water Workout 2:05 - 2:55 p.m.</p>	<p>Swimming Lessons 5 - 8 p.m.</p>	<p>Public Swim - Waves & Dive Tank 3 - 8 p.m.</p>	<p>Schedule Subject to Change</p> 	
<p>Public Swim - Waves & No Dive Tank 3 - 4 p.m.</p>		<p>Public Swim - Waves & No Dive Tank 3 - 4 p.m.</p>				
<p>Public Swim - Waves & Dive Tank 4 - 9 p.m.</p>		<p>Public Swim - Waves & Dive Tank 4 - 9 p.m.</p>				
<p>Visit calgary.ca/VillageSquare for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p>						



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Dry Land Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Yourself Fit 9:40 - 10:30 a.m. Chantel			50+ Strength & Stretch (Gentle 3) 9:15 - 10:15 a.m. Ka-Lee	NEW! Mind-Body Flow* 9:15 - 10:15 a.m. Cori Ann (Starts May 10)		NEW! Karate - Kids (Registered) 9:30 - 10:15 a.m. Barry
Mind-Body Flow* 10:10 - 11 a.m. Rosemarie	Living Healthy - Get Going (Gentle 2) 10 - 10:50 a.m. Diana	Living Healthy - Get Going (Gentle 2) 10 - 10:50 a.m. Diana	50+ Fitness (Gentle 3) 10:25 - 11:20 a.m. Ka-Lee	NEW! Dance Yourself Fit 10:25 -11:15 a.m. Cori Ann (Starts May 10)	Kung Fu - Kids (Registered) 9:30 - 10:15 a.m. Greg	NEW! Karate - Kids (Registered) 10:30 - 11:30 a.m. Barry
Drum Fitness 11:10 - 12 p.m. Carlos	Stretch & Restore 11 - 12 p.m. Diana	Core Conditioning 11 - 12 p.m. Diana	Drum Fitness 12:10 - 1 p.m. Carlos		Kung Fu - All Ages (Registered) 10:30 - 11:30 a.m. Greg	
	Floor Curling 1:15 - 2 p.m. Carla		NEW! Abs & Arms (Registered) 12:15 - 1 p.m. TBD			
Sit Fit (Gentle 1) 1:30 - 2:20 p.m. Wendy	NEW! NIA: Holistic Mindful Movement (Registered) 1:30 - 2:30 p.m. Tina		Balance & Strength (Gentle 2) 1:10 - 2 p.m. Carlos		NEW! Cardio Kickboxing 2 - 2:50 p.m. Tanka	
NEW! Total Body Workout 2:30 - 3:20 p.m. Wendy					<div>Schedule Subject to Change</div> <div></div> <div>Visit calgary.ca/VillageSquare for the latest facility schedules, hours of operation, admission rates and to sign up for instructor–led classes.</div> <div>* Must bring your own yoga mat</div>	
		NEW! Karate —Kids (Registered) 5:35 - 6:20 p.m. Daylen		NEW! Zumba 5:30 - 6:20 p.m. Chantel		
NEW! Taekwondo (Registered) 6:30 - 7:15 p.m. Marcelleo		NEW! Karate—Continuing (Registered) 6:30 - 7:30 p.m. Daylen	Kickboxing (Registered) 6 - 7 p.m. Chuck			
NEW! Mindfulness Workshop (Registered) 6 - 9 p.m. (May 27)	Today Body Workout 5:30 - 6:30 p.m. Ka-lee		Total Body Workout 5:30 - 6:30 p.m. Ka-lee			
NEW! Mindfulness Practice (Registered) 7 - 8 p.m. (June)	Hapkido (Registered) 6:45 - 8 p.m. Jeremy		Hapkido (Registered) 6:45 - 8 p.m. Jeremy			
Adapted Fitness (Registered) - Programs Start April 1, 2024						
10 - 12 p.m. Debbie	10 - 12 p.m. Maggie	10 - 12 p.m. Carlos	10 - 12 p.m. Maggie			
12 - 2 p.m. Debbie	12 - 2 p.m. Maggie	12 - 2 p.m. Carlos	12 - 2 p.m. Maggie	12 - 2 p.m. Carlos/Maggie		