

## Swimming, Aquatic & Dry Land Fitness Schedule

**Schedule Subject to Change.**

Visit [calgary.ca/GlenmorePool](http://calgary.ca/GlenmorePool) for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.



						Saturday	Sunday
						Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 9:30 a.m.
						Self Led Dive Tank 7:30 - 9:30 a.m.	Self Led Dive Tank 7:30 - 8:30 a.m.
Monday	Tuesday	Wednesday	Thursday	Friday	Conditioning Swim 8:30 - 9:25 a.m.		
Lane Swim 12 - 1 p.m.	Conditioning Swim 12:05 - 1 p.m.	Lane Swim 12 - 1 p.m.	Conditioning Swim 12:05 - 1 p.m.	Lane Swim 12 - 1 p.m.	Yoga for Functional Mobility (Registered) 9:15 - 10:15 a.m.		
Deep Water Workout 12:05 - 1 p.m.	Deep Water Workout 12:05 - 1 p.m.	Deep Water Workout 12:05 - 1 p.m.	50+ Deep Water Workout (Gentle 3) 12:10 - 1 p.m.	Deep Water Workout 12:05 - 1 p.m.	Conditioning Swim 9:30 - 10:25 a.m.		
School Swim Lessons 1 - 2:30 p.m. Additional swim times may be available. Please check <a href="http://calgary.ca/GlenmorePool">calgary.ca/GlenmorePool</a>				Aqua Fitness 1:05-2 p.m.	Lane Walking 9:30 - 10:30 a.m.		
50+ Strength & Stretch (Gentle 3) Multipurpose room 1:30 - 2:25 p.m.	Balance & Strength (Gentle 2) Multipurpose room 1:30 - 2:25 p.m.	50+ Strength & Stretch (Gentle 3) Multipurpose room 1:30 - 2:25 p.m.	Balance & Strength (Gentle 2) Multipurpose room 1:30 - 2:25 p.m.	Lane Swim/Walk (Shared) 2- 3 p.m.	Tethered DWW (Registered) 9:30 - 10:30 a.m.		
Aqua Fitness 2:30-3:25	Lane Swim/Walk Public (Shared) 2:30 - 4 p.m.	Aqua Fitness 2:30-3:25	Lane Swim/Walk Public (Shared) 2:30 - 4 p.m.	Public Swim 3 - 4 p.m.	Yoga - Yin (Registered) 10:25 - 11:25 a.m.		
Public Swim 3 :30- 4 p.m.		Public Swim 3:30 - 4 p.m.			Family Swim 10:30 a.m. - 12 p.m.		
Swim Club 4 - 5:30 p.m.						Lane Swim 12 - 1 p.m.	Lane Swim 12 - 1 p.m.
Swim Club 5:30 - 7 p.m.		Swim Lessons 5:30 - 8 p.m.	Swim Club 5:30 - 7 p.m.	Swim Club 5:30 - 7 p.m.	Self Led Dive Tank 12 - 1 pm	Self Led Dive Tank 12 - 1 pm	
Lane Swim 7 - 8 p.m.	Conditioning Swim 7 - 7:55 p.m.		Conditioning Swim 7 - 7:55 p.m.	Public Swim 7- 8 p.m.	Swim Lessons 1 - 3:30 p.m.		
Self Led Dive Tank 7 - 8 pm	Deep Water Workout 7 - 7:55 p.m.		Deep Water Workout 7 - 7:55 p.m.		Swim Lessons 1 - 3:30 p.m.	Public Swim 1 - 3 p.m.	