

JUNE 2023 Pool Schedule

Sunday, June 25 - Staff Training
Pool closes at 3:30PM

June 1 to 30

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|---------|-----------------------------|---------|----------------------------|-----------|-----------------------------|----------|--------------------------|---------|-----------------------------|----------|------------------------------------|---------|---|
| 5:30AM | | 5:30AM | | 5:30AM | | 5:30AM | | 5:30AM | | 5:30AM | | 5:30AM | |
| 6:00AM | | 6:00AM | | 6:00AM | | 6:00AM | | 6:00AM | | 6:00AM | | 6:00AM | |
| 6:30AM | Lane Swim | 6:30AM | Lane Swim | 6:30AM | Lane Swim | 6:30AM | Lane Swim | 6:30AM | Lane Swim | 6:30AM | | 6:30AM | |
| 7:00AM | | 7:00AM | | 7:00AM | | 7:00AM | | 7:00AM | | 7:00AM | | 7:00AM | |
| 7:30AM | | 7:30AM | Tether (7:35-8:25) | 7:30AM | | 7:30AM | | 7:30AM | | 7:30AM | | 7:30AM | |
| 8:00AM | Shallow Water (8:05-8:55) | 8:00AM | | 8:00AM | Deep Water (8:05-8:55) | 8:00AM | | 8:00AM | Tether (8:05-8:55) | 8:00AM | | 8:00AM | Lane Swim |
| 8:30AM | | 8:30AM | | 8:30AM | | 8:30AM | | 8:30AM | | 8:30AM | | 8:30AM | As you choose (8:05-8:55) |
| 9:00AM | Deep Water (9:05-9:55) | 9:00AM | | 9:00AM | Shallow Water (9:05-9:55) | 9:00AM | | 9:00AM | Lane Swim | 9:00AM | Shallow Water (9:05-9:55) | 9:00AM | |
| 9:30AM | | 9:30AM | | 9:30AM | | 9:30AM | | 9:30AM | | 9:30AM | | 9:30AM | |
| 10:00AM | Aqua Healing (10:05-10:55) | 10:00AM | True Blue 8:30-12:15 | 10:00AM | Aqua Healing (10:05-10:55) | 10:00AM | True Blue 8:30-12:15 | 10:00AM | | 10:00AM | Deep Water (10:05-10:55) | 10:00AM | |
| 10:30AM | | 10:30AM | | 10:30AM | | 10:30AM | | 10:30AM | | 10:30AM | | 10:30AM | |
| 11:00AM | Family/Open Swim | 11:00AM | | 11:00AM | Family/Open Swim | 11:00AM | | 11:00AM | Family/Open Swim | 11:00AM | | 11:00AM | |
| 11:30AM | | 11:30AM | | 11:30AM | | 11:30AM | | 11:30AM | | 11:30AM | | 11:30AM | True Blue 9:00-2:15 |
| 12:00PM | As you choose (12:05-12:55) | 12:00PM | | 12:00PM | As you choose (12:05-12:55) | 12:00PM | | 12:00PM | As you choose (12:05-12:55) | 12:00PM | | 12:00PM | |
| 12:30PM | | 12:30PM | As you Choose (12:15-1:05) | 12:30PM | | 12:30PM | | 12:30PM | | 12:30PM | True Blue 8:30-5:45 | 12:30PM | |
| 1:00PM | | 1:00PM | | 1:00PM | | 1:00PM | | 1:00PM | | 1:00PM | | 1:00PM | |
| 1:30PM | Lane Swim | 1:30PM | Family/Open Swim | 1:30PM | Lane Swim | 1:30PM | Family/Open Swim | 1:30PM | Lane Swim | 1:30PM | Friday Fun Day/Family Swim | 1:30PM | |
| 2:00PM | | 2:00PM | | 2:00PM | | 2:00PM | | 2:00PM | | 2:00PM | | 2:00PM | |
| 2:30PM | True Blue 2:30-7:15 | 2:30PM | True Blue 2:30-7:15 | 2:30PM | True Blue 2:30-7:15 | 2:30PM | True Blue 2:30-7:15 | 2:30PM | True Blue 2:30-7:15 | 2:30PM | True Blue 2:30-7:15 | 2:30PM | Certification Courses (12:00-8:00) |
| 3:00PM | | 3:00PM | | 3:00PM | | 3:00PM | | 3:00PM | | 3:00PM | | 3:00PM | Lane Swim |
| 3:30PM | | 3:30PM | | 3:30PM | | 3:30PM | | 3:30PM | | 3:30PM | | 3:30PM | Family Swim & Birthday Parties Bookings |
| 4:00PM | | 4:00PM | | 4:00PM | | 4:00PM | | 4:00PM | | 4:00PM | | 4:00PM | |
| 4:30PM | | 4:30PM | | 4:30PM | | 4:30PM | | 4:30PM | | 4:30PM | | 4:30PM | |
| 5:00PM | | 5:00PM | | 5:00PM | | 5:00PM | | 5:00PM | | 5:00PM | | 5:00PM | |
| 5:30PM | | 5:30PM | | 5:30PM | | 5:30PM | | 5:30PM | | 5:30PM | | 5:30PM | |
| 6:00PM | | 6:00PM | | 6:00PM | | 6:00PM | | 6:00PM | | 6:00PM | Certification Courses (12:00-8:00) | 6:00PM | |
| 6:30PM | | 6:30PM | | 6:30PM | | 6:30PM | | 6:30PM | | 6:30PM | Lane Swim | 6:30PM | Family Swim & Birthday |
| 7:00PM | | 7:00PM | | 7:00PM | | 7:00PM | | 7:00PM | | 7:00PM | | 7:00PM | |
| 7:30PM | Lane Swim | 7:30PM | Junior Masters Swim Club | 7:30PM | Bronze Star | 7:30PM | Lane Swim | 7:30PM | Family/Open Swim | 7:30PM | Certification Courses (4:30-8:30) | 7:30PM | |
| 8:00PM | Family/Open Swim | 8:00PM | | 8:00PM | | 8:00PM | Junior Masters Swim Club | 8:00PM | Lane Swim | 8:00PM | | 8:00PM | |
| 8:30PM | | 8:30PM | | 8:30PM | | 8:30PM | | 8:30PM | | 8:30PM | | 8:30PM | |
| 9:00PM | | 9:00PM | | 9:00PM | | 9:00PM | | 9:00PM | | 9:00PM | | 9:00PM | |

Note: Aquafit classes with less than 12 participants will have 3 lanes, and 4 lanes with 12+ participants

In accordance with public health regulations, all pool users are required to take a cleansing shower prior to entering the pool
Schedule subject to change without notice • Please check our website at calgaryjcc.com/schedules for up-to-date information