

OCTOBER 2023 Pool Schedule

Reduced Hours for Thanksgiving Day
Monday, October 9 | 8:00AM - 4:00PM

October 1 to 31

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY						
5:30AM	Lane Swim	5:30AM	Lane Swim	5:30AM	Lane Swim	5:30AM	Lane Swim	5:30AM	Lane Swim	5:30AM		5:30AM						
6:00AM		6:00AM	Lane Swim	6:00AM	Lane Swim	6:00AM	Lane Swim	6:00AM	Lane Swim	6:00AM		6:00AM						
6:30AM	Our Lady of the Rockies	6:30AM	Lane Swim	6:30AM	Our Lady of the Rockies	6:30AM	Lane Swim	6:30AM	Lane Swim	6:30AM		6:30AM						
7:00AM		7:00AM	PT booking	7:00AM	Our Lady of the Rockies	7:00AM	Lane Swim	7:00AM	Lane Swim	7:00AM		7:00AM						
7:30AM		7:30AM	Tether (7:35-8:25)	7:30AM		7:30AM	As you choose (7:35-8:25)	7:30AM	Lane Swim	7:30AM		7:30AM						
8:00AM	Shallow Water (8:05-8:55)	8:00AM		8:00AM	Deep Water (8:05-8:55)	8:00AM	As you choose (7:35-8:25)	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	True Blue 8:30-12:15	9:00AM	Shallow Water (9:05-9:55)	9:00AM	True Blue 8:30-12:15	9:00AM	Lane Swim	9:00AM	True Blue 8:30-5:45	9:00AM	True Blue 9:00-2:15					
9:30AM		9:30AM		Aqua Healing (10:05-10:55)	9:30AM			9:30AM	Shallow Water (9:05-9:55)	9:30AM								
10:00AM	Aqua Healing (10:05-10:55)	10:00AM			10:00AM	Aqua Healing (10:05-10:55)		10:00AM		10:00AM		Deep Water (10:05-10:55)		10:00AM				
10:30AM	Lane Swim	10:30AM			10:30AM	Lane Swim		10:30AM		10:30AM		Lane Swim		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						
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	As you Choose (12:15-1:05)	12:30PM		12:30PM		12:30PM						
1:00PM	Lane Swim	1:00PM		1:00PM	Lane Swim	1:00PM		1:00PM	Lane Swim	1:00PM		1:00PM						
1:30PM	Family/ Open Swim	1:30PM	Family/ Open Swim	1:30PM	Family/ Open Swim	1:30PM	Lane Swim	1:30PM	Friday Fun Day/Family Swim	1:30PM		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			
3:30PM				3:30PM				3:30PM				3:30PM			3:30PM		3:30PM	
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		6:00PM						
6:30PM		6:30PM		6:30PM		6:30PM		6:30PM		6:30PM		6:30PM						
7:00PM		7:00PM		7:00PM		7:00PM		7:00PM		7:00PM		7:00PM						
7:30PM	Lifesaving Swim Club	7:30PM	Swim Club	7:30PM	Lifesaving Swim Club	7:30PM	Swim Club	7:30PM	Certification Courses (4:30-8:30)	7:30PM		7:30PM						
8:00PM	Lane Swim	8:00PM	Family/ Open Swim	8:00PM	Lane Swim	8:00PM	Family Swim	8:00PM		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