

NOVEMBER 2023 Pool Schedule

Please note our holiday hours in recognition of Remembrance Day and Day in Lieu
Saturday, November 11 | 9AM - 3:30PM • Monday, November 13 | 8AM - 3:30PM

November 1 to 30

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

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