PAPERNY FAMILY

## NOVEMBE Please note our holiday hours in reco

## 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	Lana Swin	5:30AM		6		5:30AM	Lane Swim		5:30AM	Lane Swim		5:30AM	Lane Swim		5:30AM		5:30AM				
6:00AM	Lane Switt		6:00AM			6:00AM			6:00AM			6:00AM			6:00AM		6:00AM				
6:30AM	Our Lady of the Rockies		6:30AM	Lane Swim		6:30AM						6:30AM			6:30AM			6:30AM			
7:00AM			7:00AM			7:00AM	Our Lady of the Rockies		7:00AM			7:00AM			7:00AM			7:00AM			
7:30AM			7:30AM			7:30AM			7:30AM	As you choose (7:35- 8:25)	As you choose (7:35-	7:30AM			7:30AM			7:30AM			
8:00AM	Shallow Water (8:05- 8:55)		8:00AM	Tether (7:35-8:25)		8:00AM		Deep Water (8:05 8:55)	8:00AM		8:00AM	1 etner (8:05-		8:00AM			8:00AM	Long Sur	As you choose		
8:30AM			8:30AM	True Blue 8:30-12:15		8:30AM			8:30AM		8:30AM			8:30AM			8:30AM	Lane Swim	(8:05-8:5	8:05-8:55)	
9:00AM	Deep Water (9:05-9:55)		9:00AM			9:00AM	Shallo	Shallow Water (9:05-		]	9:00AM	Shallow Water		9:00AM			9:00AM				
9:30AM			9:30AM			9:30AM		9:55)	9:30AM		9:30AM	Lane Swim (9:05-9:5	(9:05-9:55)	9:30AM			9:30AM				
10:00AM	Aqua Healing (10:05- 10:55) Family/ Open Swim		10:00AM			10:00AM	Aqua	Aqua Healing (10:05- 10:55)		True Blue 8:30-12:15	10:00AM	Dee	p Water (10:05-	10:00AM			10:00AM				
10:30AM			10:30AM			10:30AM	wim				e 8:30-12:15	10:30AM	10	10:55)	10:30AM			10:30AM			
11:00AM			11:00AM			11:00AM	Lane	Family/	TILOUAM		11:00AM	Swim	Family/	11:00AM	11:00AM						
11:30AM			11:30AM			11:30AM		Open Swim	11:30AM			11:30AM	Lane S	Open Swim	11:30AM			11:30AM	True Blue 9:00-2:15	:15	
12:00PM			12:00PM			12:00PM						12:00PM	As you choose (12:0		12:00PM			12:00PM			
12:30PM	As you choose (12:05-12:55)		12:30PM	As you Choose (12:15-1:05)		12:30PM	As you o	As you choose (12:05-12:55)	12:30PM		12:30PM	12:55)		12:30PM		12:30PM					
1:00PM			1:00PM			1:00PM		Family/	1:00PM	As you	As you Choose (12:15-1:05)	1:00PM			1:00PM	True Blue 8:30-5:45		1:00PM			
1:30PM	Lane Swim	Open	1:30PM	Family/		1:30PM	Lane Swim		1:30PM		. Kids r Us	1:30PM	Lane Swim	Friday Fun Day/Family Swim	1:30PM	l i		1:30PM			
2:00PM	Swim		2:00PM	Lane Swim Open Swim		2:00PM	Swim		2:00PM	Lane Swim Lessons		2:00PM			2:00PM			2:00PM			
2:30PM	True Blue 2:30-7:15		2:30PM	True Blue 2:30-7:15		2:30PM			2:30PM			2:30PM			2:30PM			2:30PM			s
3:00PM			3:00PM			3:00PM			3:00PM		3:00PM	3:00PM				3:00PM	(12:00-8:00)		Birthday Parties Bookings		
3:30PM			3:30PM			3:30PM			3:30PM		3:30PM	3:30PM						3:30PM	c	s Boc	
4:00PM			4:00PM			4:00PM			4:00PM		4:00PM			4:00PM			4:00PM		-	artie	
4:30PM			4:30PM			4:30PM	True Blue 2:30-7:15		4:30PM	True Blue 2:30-7:15	4:30PM	True Blue 2:30-7:15		4:30PM		4:30PM	Courses Lane Swim	Swim	day F		
5:00PM			5:00PM			5:00PM			5:00PM		ae 2.30-7.13	5:00PM			5:00PM			5:00PM	Cou ane	Lane	Birth
5:30PM			5:30PM			5:30PM			5:30PM			5:30PM			5:30PM			5:30PM	8	∞	
6:00PM			6:00PM			6:00PM			6:00PM						6:00PM	Certification	E Family	6:00PM			Family Swim
6:30PM			6:30PM			6:30PM			6:30PM			6:30PM			6:30PM	Courses (12:00 8:00)		6:30PM	Cer		ami
7:00PM			7:00PM			7:00PM			7:00PM			7:00PM			7:00PM		7:00PM				
7:30PM	fesaving Swim	7:30PM	unior Master Swim		7:30PM	Lifesaving Swim		7:30PM	Junior Master		7:30PM	Certification Courses (4:3		7:30PM			7:30PM				
8:00PM	Club		8:00PM	Club Swim 8:00PM	Club	lub		Club	Swim	8:00PM		8:30)				8:00PM					
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