

# SEPTEMBER 2024 Pool Schedule

**THE HOT TUB CLOSSES at 3PM every Friday. Monday, September 2 • 8:00AM-3:30PM.  
Wednesday, September 4 • 5:30AM-5:30PM. Sunday, September 8 • 8AM-3:00PM**

**September 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 (7:40-8:30)	7:30AM		7:30AM		7:30AM		7:30AM		7:30AM	
8:00AM		8:00AM		8:00AM		8:00AM		8:00AM		8:00AM		8:00AM	
8:30AM	Shallow Water (8:05-8:55)	8:30AM		8:30AM	Deep Water (8:05-8:55)	8:30AM		8:30AM	Tether (8:05-8:55)	8:30AM		8:30AM	Lane Swim
9:00AM		9:00AM		9:00AM		9:00AM		9:00AM		9:00AM		9:00AM	
9:30AM	Deep Water (9:05-9:55)	9:30AM		9:30AM	Shallow Water (9:05-9:55)	9:30AM		9:30AM	Lane Swim	9:30AM		9:30AM	
10:00AM		10:00AM		10:00AM		10:00AM		10:00AM		10:00AM		10:00AM	
10:30AM	Aqua Healing (10:05-10:55)	10:30AM	True Blue 8:30-12:15	10:30AM	Aqua Healing (10:05-10:55)	10:30AM	True Blue 8:30-12:15	10:30AM	Deep Water (10:05-10:55)	10:30AM		10:30AM	
11:00AM		11:00AM		11:00AM		11:00AM		11:00AM		11:00AM		11:00AM	
11:30AM	Family/ Open Swim	11:30AM		11:30AM	Family/ Open Swim	11:30AM		11:30AM	Family/ Open Swim	11:30AM		11:30AM	True Blue 9:00-2:15
12:00PM		12:00PM		12:00PM		12:00PM		12:00PM		12:00PM		12:00PM	
12:30PM	As you choose (12:05-12:55)	12:30PM		12:30PM	As you choose (12:05-12:55)	12:30PM		12:30PM	As you choose (12:05-12:55)	12:30PM		12:30PM	
1:00PM		1:00PM	As you Choose (12:15-1:05)	1:00PM		1:00PM	As you Choose (12:15-1:05)	1:00PM		1:00PM	True Blue 8:30-5:45	1:00PM	
1:30PM	Lane Swim	1:30PM	Lane Swim	1:30PM	Lane Swim	1:30PM	Lane Swim	1:30PM	Lane Swim	1:30PM		1:30PM	
2:00PM		2:00PM		2:00PM		2:00PM		2:00PM		2:00PM		2:00PM	
2:30PM		2:30PM		2:30PM		2:30PM		2:30PM		2:30PM		2:30PM	
3:00PM		3:00PM		3:00PM		3:00PM		3:00PM		3:00PM		3:00PM	
3:30PM		3:30PM		3:30PM		3:30PM		3:30PM		3:30PM		3:30PM	
4:00PM		4:00PM		4:00PM		4:00PM		4:00PM		4:00PM		4:00PM	
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	True Blue 2:30-7:15	4:30PM	True Blue 2:30-7:15	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	Recreational Swim Club	7:30PM	Lifesaving Swim Club	7:30PM	Recreational Swim Club	7:30PM	Certification Courses (4:30-8:30)	7:30PM		7:30PM	
8:00PM		8:00PM	Family/ Open Swim	8:00PM		8:00PM	Family/ Open 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;  
Aqua healing classes with less than 8 participants will have 3 lanes, and 4 lanes with 8+ participants**

Schedule subject to change without notice • Please check [calgaryjcc.com/schedules](http://calgaryjcc.com/schedules) for up-to-date information

*In accordance with public health regulations, all pool users are required to take a cleansing shower prior to entering the pool*