



Canyon Meadows Aquatic & Fitness Centre

89 Canova Road S.W.
 April 1—June 30, 2024

Main Pool - Swimming & Aquatic Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------------------------------------|--------------------------------------|---------------------------------------|--|---|--|
| Lane Swim 6 - 8 a.m. | Conditioning Swim 6:05 - 7:05 a.m. | Lane Swim 6 - 8 a.m. | Conditioning Swim 6:05 - 7:05 a.m. | Lane Swim 6 - 8 a.m. | | |
| | Lane Swim Shared 6 - 8 a.m. | | Lane Swim Shared 6 - 8 a.m. | | | |
| Aqua Fitness 8:05 - 9 a.m. | Lane Walking 8 - 9 a.m. | Aqua Fitness 8:05 - 9 a.m. | Lane Walking 8 - 9 a.m. | Aqua Fitness 8:05 - 9 a.m. | Reserved for Swim Club 8:30 - 10 a.m. | Lane Swim 7:30 - 9:30 a.m. |
| * School Board Lessons 9 a.m. - 12 p.m. * Check the website for the most current schedule week to week * calgary.ca/CanyonMeadowsPool | | | | | Swim Lessons 10 a.m. - 12:30 p.m. | Lane Swim 7:30 - 9:30 a.m. |
| | | | | | | Public Swim 9:30 - 11:30 a.m. |
| Lane Swim 12 - 1 p.m. | Lane Swim 12 - 2 p.m. | Lane Swim 12 - 1 p.m. | Lane Swim 12 - 2 p.m. | Lane Swim 12 - 1 p.m. | Lane Swim 12:30 - 2 p.m. | Lane Swim 11:30 - 1:30 p.m. |
| Aqua Fitness 1:05 - 2 p.m. | | Lane Walking 1 - 2 p.m. | | Lane Walking 1 - 2 p.m. | | |
| Public Swim 2 - 4 p.m. | Lane Swim 2 - 4 p.m. | Public Swim 2 - 4 p.m. | Lane Swim 2 - 4 p.m. | Public Swim 2 - 4 p.m. | Public Swim Shared 2 - 3:30 p.m. | Swimming Lessons 1:30 - 3:30 p.m. Hot Tub Closes at 2 p.m. on Sundays. |
| Reserved for Swim Club 4 - 6 p.m. | Reserved for Swim Club 4 - 6 p.m. | Reserved for Swim Club 4 - 6 p.m. | Reserved for Swim Club 4 - 6 p.m. | Reserved for Swim Club 4 - 6 p.m. | Schedule Subject to Change.  Visit calgary.ca/CanyonMeadowsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes. | |
| Swim Lessons 6 - 9 p.m. | Reserved for Swim Club 6 - 8 p.m. | Swim Lessons 6 - 8 p.m. | Reserved for Swim Club 6 - 7 p.m. | Junior Lifeguard Club 6 - 7:30 p.m. | | |
| | | | Swim Lessons 7 - 8 p.m. | | | |
| Lane Swim 9 - 10 p.m. | Lane Swim 8 - 10 p.m. | Lane Swim 8 - 10 p.m. | Lane Swim 8 - 10 p.m. | Lane Swim 7:30 - 9 p.m. | | |



Canyon Meadows Aquatic & Fitness Centre

89 Canova Road S.W.
April 1—June 30, 2024

Dive Tank & Aquatic Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------------------------------------|--------------------------------------|--------------------------------------|--|--|--|
| Dive Tank Open 6 - 7 a.m. | Deep Water Workout 6:10 - 7a.m. | Dive Tank Open 6 - 7 a.m. | Deep Water Workout 6:10 - 7a.m. | Dive Tank Open 6 - 7 a.m. | <p>* Self Led Dive Tank - means self-led exercise and swimming.</p> <p>* Dive Tank Open - the Diving Board and Slide are MAY NOT BE OPEN at these times, check with the staff.</p> <p>*** the Hot Tub Closes at 2 p.m. on Sundays.</p> | |
| Deep Water Workout 7 - 7:55 a.m. | Deep Water Workout 7:10 - 8 a.m. | Deep Water Workout 7 - 7:55 a.m. | Deep Water Workout 7:10 - 8 a.m. | Deep Water Workout 7 - 7:55 a.m. | | |
| Dive Tank Open 8 - 9 a.m. | Deep Water Workout 8:10 - 9 a.m. | Dive Tank Open 8 - 9 a.m. | Deep Water Workout 8:10 - 9 a.m. | Dive Tank Open 8 - 9 a.m. | Deep Water Workout 7:35 - 8:30 a.m. | Deep Water Workout 7:35 - 8:30 a.m. |
| <p>* School Board Lessons 9 a.m. - 12 p.m. *</p> <p>Check the website for the most current schedule week to week * calgary.ca/CanyonMeadowsPool</p> | | | | | Reserved for Swim Club 8:30 - 10 a.m. | Deep Water Workout 8:35 - 9:30 a.m. |
| | | | | | Swim Lessons 10 a.m. - 12:30 p.m. | Public Swim 9:30 - 11:30 a.m. |
| Deep Water Workout 12 - 1 p.m. | Deep Water Workout 12 - 1 p.m. | Deep Water Workout 12 - 1 p.m. | Deep Water Workout 12 - 1 p.m. | Deep Water Workout 12 - 1 p.m. | Self-Led Dive Tank 11:30 - 1:30 p.m. | |
| Self-Led Dive Tank 1 - 2 p.m. | Self-Led Dive Tank 1 - 2:30 p.m. | Self-Led Dive Tank 1 - 2 p.m. | Self-Led Dive Tank 1 - 2:30 p.m. | Self-Led Dive Tank 1 - 2 p.m. | Self-Led Dive Tank 12:30 - 2 p.m. | |
| Public Swim 2 - 4 p.m. | Dive Tank Open 2:30 - 4 p.m. | Public Swim 2 - 4 p.m. | Dive Tank Open 2:30 - 4 p.m. | Public Swim 2 - 4 p.m. | Public Swim Shared 2 - 3:30 p.m. | Swimming Lesson 1:30 - 3:30 p.m. |
| Reserved for Swim Club 4 - 6 p.m. | Reserved for Swim Club 4 - 6 p.m. | Reserved for Swim Club 4 - 6 p.m. | Reserved for Swim Club 4 - 6 p.m. | Reserved for Swim Club 4 - 6 p.m. | <p>Schedule Subject to Change.</p>  <p>Visit calgary.ca/CanyonMeadowsPool for the latest facility schedules, hours of operation, admission rates and</p> | |
| Swim Lessons 6 - 9 p.m. | Deep Water Workout 6 - 7 p.m. | Swim Lessons 6 - 8 p.m. | Deep Water Workout 6 - 7 p.m. | Junior Lifeguard Club 6 - 7:30 p.m. | | |
| | | | Swim Lessons 7 - 8 p.m. | | | |
| Dive Tank Open 9 - 10 p.m. | Dive Tank Open 7 - 10 p.m. | Dive Tank Open 8 - 10 p.m. | Dive Tank Open 8 - 10 p.m. | Dive Tank Open 7:30 - 9 p.m. | | |



Canyon Meadows Aquatic & Fitness Centre

89 Canova Road S.W.
April 1—June 30, 2024

Drop in Aquatic & Dryland Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|--|---|
| New Pure Cycle 7:10 – 8:00 a.m. | Conditioning Swim 6:05 - 7:05 a.m. | | Conditioning Swim 6:05 - 7:05 a.m. | | | |
| Deep Water Workout 7:00-7:55 a.m. | Deep Water Workout 6:10 - 7:00 a.m. | Deep Water Workout 7:00-7:55 a.m. | Deep Water Workout 6:10 - 7:00 a.m. | Deep Water Workout 7:00-7:55 a.m. | Deep Water Workout 7:35 - 8:30 a.m. | Deep Water Workout 7:35 - 8:30 a.m. |
| Aqua Fitness 8:05 - 9 a.m. | Deep Water Workout 7:10 - 8 a.m. | Aqua Fitness 8:05 - 9 a.m. | Deep Water Workout 7:10 - 8 a.m. | | | Deep Water Workout 8:35 - 9:30 a.m. |
| | Deep Water Workout 8:10 - 9 a.m. | 50+ Strength & Stretch (Gentle 3) 8:15 - 9:15 a.m. FR | Deep Water Workout 8:10 - 9 a.m. | Aqua Fitness 8:05 - 9 a.m. | | |
| Stretch & Restore 9:15 -10:15 a.m. MPR | Stretch & Restore 9:15 -10:15 a.m. MPR | Yoga* 9:15 -10:15 a.m. MPR | Mind, Body, Flow* 8:30 - 9:30 a.m. MPR | Cycle Pump 8:30 - 9:30 a.m. FR | | |
| Total Body Workout 9:15 - 10:15 a.m. FR | Cardio Pump 9:15 - 10:15 a.m. FR | Ever Active (Gentle 3) 9:30 - 10:30 a.m. FR | Total Body Workout 9:45 - 10:45 a.m. FR (No class Feb 1, Mar 7) | Cardio & Strength Intervals 9:45 -10:45 a.m. FR | <p>Schedule Subject to Change.</p>  <p>Visit calgary.ca/CanyonMeadowsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> <p>Please check-in with Cashiers to obtain a wristband.</p> <p>FR = Fitness Room MPR = Multi-Purpose Room</p> <p>* Must bring your own yoga mat</p> | |
| Yoga* 10:30 - 11:30 a.m. MPR | Zumba 10:30 - 11:30 a.m. FR | Mind, Body, Flow 10:45 - 11:45 a.m. MPR | New 50+ Cycle 11 - 11:50 a.m. FR | Stretch & Restore 10:55 -11:45 a.m. MPR | | |
| Deep Water Workout 12 - 1 p.m. | Deep Water Workout 12 - 1 p.m. | Deep Water Workout 12 - 1 p.m. | Deep Water Workout 12 - 1 p.m. | Deep Water Workout 12 - 1 p.m. | | |
| Aqua Fitness 1:05 - 2 p.m. | | New Cycle Pump 12 -1 p.m. FR | | New Yoga* 12:15 - 1:15 p.m. FR | | |
| | 50+ Fitness (Gentle 3) 1:05 - 2:05 p.m. FR | Balance & Strength (Gentle 2) 1:15 - 2:15 p.m. FR | | | | |
| Yoga* 6:25 - 7:25 p.m. FR | Deep Water Workout 6 - 7 p.m. | | Deep Water Workout 6 - 7 p.m. | | | |