




Inglewood Aquatic Centre

1527 17 Avenue S.E.

April 1 - May 5, 2024

Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Lane Swim 8 - 9 a.m.	Lane Swim 7:30 - 8:30 a.m.	Lane Swim 7:30 - 9 a.m.
				Deep Water Workout 9:05 - 10 a.m. Lisa Marie	Reserved for Swimming Lessons 8:30 - 11 a.m.	Family Swim 9 - 10:30 a.m.
				Self-Led Shallow		
				Aqua Fitness 10:05 - 11 a.m. Lisa Marie		
				Self-Led Deep		
Lane Swim 11 a.m. - 12p.m.	Lane Swim 11:30 a.m. - 12p.m.	Lane Swim 11 a.m. - 12 p.m.	Lane Swim 11:30 a.m. - 12 p.m.		Reserved for Birthday Party Bookings 11 a.m. - 2 p.m.	Reserved for Birthday Party Bookings 10:30 a.m. - 2 p.m.
Reserved for Swimming Lessons 12 - 1:20 p.m.	New Mind Body Flow 12:15—1:15 p.m. Izabela Multi purpose Room	Reserved for Swimming Lessons 12 - 1:20 p.m.	Reserved for Swimming Lessons 12 - 1:20 p.m.	Family Swim 11 a.m. - 12 p.m.		
Deep Water Workout 1:25 - 2:25 p.m. Caitlin	Deep Water Workout 1:25 - 2:25 p.m. Izabela	New Tethered Deep Water Workout 1:30 - 2:15 p.m. Julie	Lane Swim 1:30 - 3 p.m.	Lane Swim 12 - 2 p.m.		
Self-Led Shallow	Self-Led Shallow	Self-Led Shallow				
Aqua Fitness 2:30—3:30 p.m. Caitlin	Aqua Fitness 2:30—3:30 p.m. Izabela	Aqua Fitness Resumes May 8 Julie			Public Swim 2 - 3:30 p.m.	Public Swim 2 - 3:30 p.m.
Self-Led Deep	Self-Led Deep	Self-Led Deep	Public Swim 3 - 4 p.m.			
Public Swim 3:30 - 4 p.m.	Public Swim 3:30 - 4 p.m.	Public Swim 3:30- 4 p.m.		Public Swim 2 - 4:30 p.m.	Schedule Subject to Change  Visit calgary.ca/Inglewoodpool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.	
Reserved for Swim Club 4 - 6: 30 p.m.		Reserved for Swim Club 4 - 6:30 p.m.	Reserved for Swim Club 4 - 6 p.m.			
	Reserved for Swim Club 4 - 8 p.m.		Aqua Fitness 6:05 - 6:55 p.m. Julie			
Lane Swim - Shared 6:30 - 7:30 p.m.		Lane Swim - Shared 6:30 - 7:30 p.m.	Self-Led Deep			
			Tethered Deep Water Workout (Registered) 7 - 8 p.m.			