

# Calgary




# Renfrew Aquatic & Recreation Centre

810 13 Avenue N.E.

April 1 - May 12 2024

## Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 9 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim 6 - 9 a.m.	<b>Reserved for Swim Club</b> 7:30 - 9 a.m.	Lane Swim 7:30 - 11 a.m.
<b>School Swimming Lessons</b> 9 a.m. - 12 p.m. Additional swim times may be available. Please check <a href="http://calgary.ca/RenfrewPool">calgary.ca/RenfrewPool</a>					<b>Deep Water Workout</b> 9 - 9:55 a.m. Navin	
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 9 - 10 a.m.	Public Swim/ Lessons Shared 11 a.m. - 1:30 p.m.
<b>Deep Water Workout</b> 12 - 12:55 p.m. Julie H		<b>Deep Water Workout</b> 12 - 12:55 p.m. Jane		<b>Deep Water Workout</b> 12 - 12:55 p.m. Mary Lou	<b>Aqua Fitness</b> 10 - 11 a.m. Navin	
<b>Aqua Fitness</b> 1 - 2 p.m. Julie H		<b>Aqua Fitness</b> 1 - 2 p.m. Jane		<b>Aqua Fitness</b> 1 - 2 p.m. Mary Lou	<b>Public Swim/ Lessons Shared</b> 11 a.m. - 1 p.m.	
<b>Public Swim/ Lane Swim (Shared)</b> 2 - 3:30 p.m.	<b>50+ Aqua Fitness (Gentle 3)</b> 2 - 2:45 p.m. Jody /	<b>Public Swim/ Lane Swim (Shared)</b> 2 - 3:30 p.m.	<b>50+ Aqua Fitness (Gentle 3)</b> 2 - 2:45 p.m. Carolyn	<b>Public Swim</b> 2 - 4 p.m.		<b>Hot Tub &amp; Steam Room Closed</b> 1:30 - 3:30 p.m.
Lane Swim 3:30 - 5:45 p.m.	Lane Swim 2:45 - 4:45 p.m.	Lane Swim 3:30 - 5:45 p.m.	Lane Swim 2:45 - 5 p.m.		Lane Swim 4 - 5 p.m.	
<b>Deep Water Workout</b> 5 - 5:45 p.m. Jane	<b>Swimming Lessons</b> 4:45 - 7 p.m.  <b>Reserved For Swim Club</b> 7 - 8 p.m.	<b>Deep Water Workout</b> 5 - 5:45 p.m. Lynn	<b>Swimming Lessons</b> 5 - 8 p.m.	<b>Tethered Deep Water Workout (Registered)</b> 4:30 - 5:15 p.m. Gillian	<b>Public Swim/ Lessons Shared</b> 2:30 - 3:30 p.m.	
<b>Aqua Fitness</b> 5:45 - 6:30 p.m. Jane		<b>Aqua Fitness</b> 5:45 - 6:30 p.m. Lynn		<b>Junior Lifesaving Club</b> 5 - 6:30 p.m.		
<b>Swimming Lessons</b> 6:30 - 9 p.m.		<b>Reserved For Swim Club</b> 7 - 9 p.m.		<b>Public Swim</b> 6:30 - 8 p.m.		
<b>Adult &amp; Youth Lane Swim</b> 9 - 10 p.m.	<b>Adult &amp; Youth Lane Swim</b> 8 - 10 p.m.	<b>Adult &amp; Youth Lane Swim</b> 9 - 10 p.m.	<b>Adult &amp; Youth Lane Swim</b> 8 - 10 p.m.	<b>Adult &amp; Youth Lane Swim</b> 8 - 9 p.m.	<b>Schedule Subject to Change.</b>    Visit <a href="http://calgary.ca/RenfrewPool">calgary.ca/RenfrewPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.	



## Dry Land Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Workout</b> 6:15 - 7:10 a.m. Sherry	<b>Cardio &amp; Strength Intervals</b> 6:15 - 7:10 a.m. Sherry	<b>Total Body Workout</b> 6:15 - 7:10 a.m. Cindy	<b>Strength &amp; Restore</b> 6:15 - 7:10 a.m. Cindy	<b>Total Body Strength</b> 6:15 - 7:10 a.m. Sherry		
	<b>Cardio &amp; Strength Intervals</b> 8:30 - 9:20 a.m. Rahmi		<b>Total Body Workout</b> 8:15 - 9:15 a.m. Cindy			<b>Mind Body Flow *</b> 8:30 - 9:25 a.m. Rahmi
<b>Mind Body Flow *</b> 9 - 10 a.m. Marianne	<b>Zumba Gold® (Gentle 3)</b> 9:25 - 10:25 a.m. Rahmi	<b>Pure Cycle</b> 10:30 - 11:30 a.m. Dave		<b>Mind Body Flow *</b> 9:30 - 10:30 a.m. Kandi	<b>Cardio &amp; Strength Intervals</b> 9 - 10 a.m. Sherry	<b>Mind Body Flow *</b> 9:30 - 10:25 a.m. Rahmi
<b>Sit Fit (Gentle 1)</b> 10:45 - 11:30 a.m. Elise	<b>Nia (Registered)</b> 10:45 - 11:45 a.m. Tina	<b>Strength &amp; Restore</b> 12 - 12:50 p.m. Shona		<b>Sit Fit (Gentle 1)</b> 10:45 - 11:30 a.m. Kandi	<b>Pure Cycle</b> 10:15 - 11:15 a.m. Shona / Kordi	<b>Zumba®</b> 10:30 - 11:25 a.m. Rahmi
<b>Ever Active (Gentle 3)</b> 11:45 a.m. - 12:45 p.m. Elise		<b>Mind Body Flow *</b> 1:15 - 2:15 p.m. Rahmi		<b>Ever Active (Gentle 3)</b> 11:45 a.m. - 12:45 p.m. Kandi	<b>QiGong (Registered)</b> 1 - 2 p.m. Yan	<b>Total Body Workout</b> 11:30 a.m. - 12:25 p.m. Rahmi
	<b>50+ Fitness (Gentle 3)</b> 1 - 1:50 p.m. Marianne	<b>Zumba Gold® (Gentle 3)</b> 2:30 - 3:30 p.m. Rahmi	<b>50+ Fitness (Gentle 3)</b> 1 - 1:50 p.m. Carolyn		<b>Tai Chi (Registered)</b> 2:15 - 3:15 p.m. Yan	<b>Self Defence Workshop (Registered)</b> 12:30 - 3:30 p.m. <b>Ap14 &amp; May 26</b> Heather
	<b>Step</b> 5 - 5:50 p.m. Nicole	<b>Essentrics (Registered)</b> 5 - 6 p.m. Zsuzsa	<b>Pilates for Beginners *</b> (Registered) 5 - 6 p.m. Wendy	<b>Cycle &amp; Core (Registered)</b> 5 - 6 p.m. Ted	<p><b>Schedule Subject to Change.</b></p>  <p>Visit <a href="http://calgary.ca/RenfrewPool">calgary.ca/RenfrewPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> <p><b>* Must bring your own yoga mat</b></p>	
<b>Abs &amp; Arms (Registered)</b> 6 - 7 p.m. Ted	<b>Total Body Strength</b> 6 - 7 p.m. Nicole	<b>NEW! Karate Kids (Registered)</b> 5 - 6 p.m.	<b>Cardio &amp; Strength Intervals</b> 6 - 7 p.m. Nicole	<b>Zumba®</b> 6:15 - 7:15 p.m. Rahmi		
<b>Cycle &amp; Core (Registered)</b> 7:15 - 8:15 p.m. Ted	<b>Yoga for a Healthy Back *</b> (Registered) 6 - 7 p.m. Val	<b>Pure Strength (Registered)</b> 6:15 - 7:15 p.m. Kordi	<b>Pilates *</b> (Registered) 6:05 - 7:05 p.m. Wendy			
	<b>Yoga - Beginner *</b> (Registered) 7:15 - 8:15 p.m. Val	<b>Mindfulness Workshop (Registered)</b> 6 - 9 p.m. <b>June 19</b> Tina				
	<b>NEW! Fit for Pickleball (Registered)</b> 7:15 - 8:15 p.m. Daniel	<b>Barre (Registered)</b> 7:30 - 8:30 p.m. Marie				