




# Bob Bahan Aquatic & Fitness Centre

4812 – 14 Avenue S.E.

April 1 - 14, 2024

## Drop-In Swimming & Aquatic Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim / Walk Shared 6 - 9 a.m.		Lane Swim / Walk Shared 6 - 9 a.m.		Lane Swim / Walk Shared 6 - 7:55 a.m.	Lane Swim Shared 7:30 - 8:30 a.m.	
Swimming Lessons 9 a.m. - 10 a.m.		Swimming Lessons 9 a.m. - 10 a.m.		Aqua Fitness 8 - 8:55 a.m.	Aqua Fitness 7:35 - 8:30 a.m.	
Lane Swim / Walk Shared 10 a.m. - 2 p.m. **		Lane Swim / Walk Shared 10 a.m. - 2 p.m. **		Lane Swim / Walk Shared 10 a.m. - 2 p.m. **	Lane Swim / Walk Shared 9 a.m. - 12 p.m.	
	Lane Swim / Walk Shared 12 - 2 p.m. **		Lane Swim / Walk Shared 12 - 1 p.m. **	Lane Swim / Public Swim Shared 12 - 2 p.m. **	Swimming Lessons 9:30 a.m. - 12 p.m.	
	Deep Water Workout 12:05 - 1 p.m.	Deep Water Workout 12:05 - 1 p.m.	Deep Water Workout 12:05 - 1 p.m.		Public Swim 12 - 2 p.m.	
Lane Swim / Public Swim 2 - 4:30 p.m. **	Lane Swim / Public Swim Shared 2 - 5 p.m. **	Lane Swim / Public Swim 2 - 4:30 p.m. **	50+ Aqua Fitness (Gentle 3) 1:10 - 2 p.m.		Adult Lane Swim / Walk 2 - 3:30 p.m.	
			Lane Swim / Public Swim Shared 2 - 3:30 p.m. **		<p><b>Schedule Subject to Change</b>  <b>**Schoolboard Lessons</b> will run 12-3pm varying dates throughout the fall.</p>  <p>Visit <a href="http://calgary.ca/BobBahanPool">calgary.ca/BobBahanPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> <p>Basketball court is open during facility hours, weather permitting.</p>	
Swimming Lessons 4:30 - 6:30 p.m.	Swimming Lessons 5 - 7 p.m.	Swimming Lessons 4:30 - 6:30 p.m.	Swimming Lessons 3:30 - 5:30 p.m.	Adult Lane Swim 5:30 - 6:30 p.m.		
Deep Water Workout 7 - 7:55 p.m.	Family Swim / Lane Swim Shared 7 - 8 p.m.	Hot Tub & Steam Room Only 6:30 - 8 p.m.	Tethered Deep Water Workout 6:10 - 6:55 p.m.			
Hot Tub & Steam Room Only 6:30 - 8 p.m.			Deep Water Workout 7 - 7:55 p.m.			
			Steam Room Only 6:30 - 8 p.m.			




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>Dance Yourself Fit</b> Fitness Studio 9:15 - 10:10 a.m.		
				<b>Mind Body Flow</b> Fitness Studio 10:20 - 11:15 a.m.		
<b>Total Body Workout</b> Fitness Studio 1:05 - 1: 55 p.m.				<p style="text-align: center;"><b>Schedule Subject to change.</b></p>  <p style="text-align: center;">Visit <a href="http://calgary.ca/BobBahanPool">calgary.ca/BobBahanPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> <p>Basketball court is open during facility hours, weather permitting.</p> <p style="text-align: center;"><b>* Must bring your own yoga mat</b></p>		
<b>Stretch &amp; Restore</b> Fitness Studio 2:05 - 3 p.m.						
<b>Living Healthy - Get Going (Gentle 2)</b> Fitness Studio 3:10 - 4 p.m.						