



NOVEMBER 2017 Pool Schedule

Schedule for November 1 to 30

	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday																								
Lane	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5															
5:30AM	Lane Swimming					Lane Swimming					Lane Swimming					Lane Swimming					Lane Swimming					Lane Swimming					Lane Swimming																								
6:00AM						Caneo Club 6:00-7:00										Caneo Club 6:00-7:00					Lane Swimming																																		
6:30AM	Bishop Grandin 6:30-7:30					Bishop Grandin 6:30-7:30					Bishop Grandin 6:30-7:30					E.P. Scarlett 7:00-8:00					Bishop Grandin 7:00-8:00																																		
7:00AM						Lane Swimming					As You Choose (7:35-8:20)					Tether 8:15-9:00					Lane Swimming					Deep Water (8:30-9:15)																													
7:30AM	As You Choose (7:35-8:20)					Tether 8:15-9:00					As You Choose (7:35-8:20)					Tether 8:15-9:00					Lane Swimming					Deep Water (8:30-9:15)																													
8:00AM	Deep Water (8:30-9:15)										As You Choose (8:30-9:15)					Tether 8:15-9:00					Lane Swimming					Shallow Water (9:20-10:05)																													
8:30AM	Shallow Water (9:20-10:05)										As You Choose (8:30-9:15)					Tether 8:15-9:00					Lane Swimming					Shallow Water (9:20-10:05)																													
9:00AM	As You Choose (10:15-11:00)										As You Choose (8:30-9:15)					Tether 8:15-9:00					Lane Swimming					As You Choose (10:15-11:00)																													
9:30AM						Class					As You Choose (9:20-10:05)					Open & Family Swim					Lane Swimming					As You Choose (10:15-11:00)																													
10:00AM	Lane Swimming Only					Lane Swimming Only					Lane Swimming Only					Lane Swimming Only					Lane Swimming Only					Lane Swimming					Open & Family Swim																								
10:30AM						Open Swim					Open Swim					Open Swim					Open Swim					Open Swim					Open Swim					Open & Family Swim																			
11:00AM						Open Swim					Open Swim					Open Swim					Open Swim					Open Swim					Open Swim					Open & Family Swim																			
11:30AM						Deep Water 12:10 - 12:55					Deep Water 12:10 - 12:55					No Limits 12:00-1:00					Deep Water 12:10 - 12:55					No Limits 12:00-1:00					No Limits 12:00-1:00					No Limits 12:00-1:00					No Limits 12:00-1:00					No Limits 12:00-1:00									
12:00PM						Home school lessons 1:00-2:30					Open Swim					Open Swim					Open Swim					Open Swim					Open Swim					Open Swim					Open Swim					Open Swim									
12:30PM						Open swim					Private lessons 2:30-4:30					Private and Group Swim Lessons 3:00 - 5:30					Private and Group Swim Lessons 3:00 - 5:30					Private and Group Swim Lessons 3:00 - 5:30					Private and Group Swim Lessons 3:00 - 5:30					Private and Group Swim Lessons 3:00 - 5:30					Private and Group Swim Lessons 3:00 - 5:30														
1:00PM						P-Too Swim Club 4:30-6:00					Mako 5:30-7:00					Mako 5:30-7:00					Mako Waterpolo 6:00-8:00					Mako Waterpolo 6:00-8:00					Mako Waterpolo 6:00-8:00					Mako Waterpolo 6:00-8:00					Mako Waterpolo 6:00-8:00														
1:30PM						Private Booking					Tether 615-7					Mako 5:30-7:00					Mako 5:30-7:00					Mako Waterpolo 6:00-8:00					Mako Waterpolo 6:00-8:00					Mako Waterpolo 6:00-8:00					Mako Waterpolo 6:00-8:00														
2:00PM						Lane					Kronos 7:00-8:30pm					Barracudas 7:00-9:00					Barracudas 7:00-9:00					Barracudas 7:00-9:00					Barracudas 7:00-9:00					Barracudas 7:00-9:00					Barracudas 7:00-9:00														
2:30PM						Lane Swimming					Open & Family Swim					Open & Family Swim					Open & Family Swim					Open & Family Swim					Open & Family Swim					Open & Family Swim					Open & Family Swim														
3:00PM						Private and Group Swim Lessons 3:00 - 5:30																																																	
3:30PM																																																							
4:00PM																																																							
4:30PM																																																							
5:00PM																																																							
5:30PM																																																							
6:00PM																																																							
6:30PM																																																							
7:00PM																																																							
7:30PM																																																							
8:00PM																																																							
8:30PM																																																							
9:00PM																																																							

No classes: November 11, 12 and 13 | Note: Aquafit classes with less than 12 participants will have 3 lanes, and 4 lanes with 12+

In accordance with public health regulations, all pool users are required to take a cleansing shower prior to entering the pool
 Schedule subject to change without notice • Please check our website at calgaryjcc.com for up-to-date information