



JANUARY 2018 Pool Schedule

Schedule for January 1 to 5

| | 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 | | | | | |
| 5:30AM | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | | | | | | |
| 6:00AM | Lane Swimming | | | | | Caneo Club 6:00-7:00 | | | | | Lane Swimming | | | | | Caneo Club 6:00-7:00 | | | | | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | |
| 6:30AM | Lane Swimming | | | | | Open Swim | | | | | Lane Swimming | | | | | Open Swim | | | | | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | |
| 7:00AM | Lane Swimming | | | | | Open Swim | | | | | Lane Swimming | | | | | Open Swim | | | | | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | |
| 7:30AM | Lane Swimming | | | | | Open Swim | | | | | Lane Swimming | | | | | Open Swim | | | | | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | | Lane Swimming | | | | |
| 8:00AM | As You Choose (7:35-8:20) Deep Water (8:30-9:15) Shallow Water (9:20-10:05) As You Choose (10:15-11:00) | | | | | Tether 8:15-9:00 | | | | | As You Choose (7:35-8:20) Deep Water (8:30-9:15) Shallow Water (9:20-10:05) As You Choose (10:15-11:00) | | | | | Tether 8:15-9:00 | | | | | Deep Water (8:30-9:15) Shallow Water (9:20-10:05) As You Choose (10:15-11:00) | | | | | Deep Water (8:30-9:15) Shallow Water (9:20-10:05) As You Choose (10:15-11:00) | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 8:30AM | As You Choose (7:35-8:20) Deep Water (8:30-9:15) Shallow Water (9:20-10:05) As You Choose (10:15-11:00) | | | | | Tether 8:15-9:00 | | | | | As You Choose (7:35-8:20) Deep Water (8:30-9:15) Shallow Water (9:20-10:05) As You Choose (10:15-11:00) | | | | | Tether 8:15-9:00 | | | | | Deep Water (8:30-9:15) Shallow Water (9:20-10:05) As You Choose (10:15-11:00) | | | | | Deep Water (8:30-9:15) Shallow Water (9:20-10:05) As You Choose (10:15-11:00) | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
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| 10:00AM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 10:30AM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 11:00AM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 11:30AM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 12:00PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 12:30PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 1:00PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 1:30PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 2:00PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 2:30PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 3:00PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 3:30PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 4:00PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 4:30PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
| 5:00PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
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| 6:00PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
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| 7:30PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |
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| 9:00PM | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open & Family Swim | | | | | Lane Swimming Only | | | | | Open Swim | | | | | Lane Swimming | | | | | Aqua Variety 9:00-9:45 | | | | |

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