

MAY 2026 Pool Schedule

HOT TUB CLOSES
at 8:30PM every Monday
at 5:00PM every Friday

May 18 • 8:00AM-3:30PM | Victoria Day
May 15 & 22 • 1:15-2:15PM | PD Day Camps

May 1 to 31

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY				
5:30AM	Lane Swim	Private Lesson	5:30AM	Lane Swim	Private Lesson	5:30AM	Lane Swim	Private Lesson	5:30AM	Lane Swim	Private Lesson	5:30AM	Lane Swim			
6:00AM			6:00AM			6:00AM			6:00AM			6:00AM		6:00AM	6:00AM	6:00AM
6:30AM			6:30AM			6:30AM			6:30AM			6:30AM		6:30AM	6:30AM	6:30AM
7:00AM	Lane Swim	Private Lesson	7:00AM	Lane Swim	Private Lesson	7:00AM	Lane Swim	Private Lesson	7:00AM	Lane Swim	Private Lesson	7:00AM	Lane Swim			
7:30AM			7:30AM			7:30AM			7:30AM			7:30AM		7:30AM	7:30AM	7:30AM
8:00AM			8:00AM			8:00AM			8:00AM			8:00AM		8:00AM	8:00AM	8:00AM
8:30AM	Shallow Water (8:05-8:55)		8:30AM	Deep Water (8:05-8:55)		8:30AM	As you choose (7:35-8:25)		8:30AM	Tether (8:05-8:55)	Lane Swim	8:30AM	Aqua Variety (8:00-8:50)			
9:00AM	Lane Swim	Private Lesson	9:00AM	Lane Swim	Private Lesson	9:00AM	Lane Swim	Private Lesson	9:00AM	Lane Swim	Private Lesson	9:00AM	Lane Swim			
9:30AM			9:30AM			9:30AM			9:30AM			9:30AM		9:30AM	9:30AM	9:30AM
10:00AM			10:00AM			10:00AM			10:00AM			10:00AM		10:00AM	10:00AM	10:00AM
10:30AM	Deep Water (9:05-9:55)		10:30AM	Shallow Water (9:05-9:55)		10:30AM	As you choose (7:35-8:25)		10:30AM	Deep Water (10:05-10:55)		10:30AM	As you choose (7:35-8:25)			
11:00AM	Aqua Healing (10:05-10:55)		11:00AM	Aqua Healing (10:05-10:55)		11:00AM	As you choose (12:05-12:55)		11:00AM	Deep Water (10:05-10:55)		11:00AM	As you choose (12:05-12:55)			
11:30AM	Family/ Open Swim		11:30AM	Family/ Open Swim		11:30AM	Family/ Open Swim		11:30AM	Family/ Open Swim		11:30AM	Family/ Open Swim			
12:00PM	As you choose (12:05-12:55)		12:00PM	As you choose (12:05-12:55)		12:00PM	As you choose (12:05-12:55)		12:00PM	As you choose (12:05-12:55)		12:00PM	As you choose (12:05-12:55)			
12:30PM	As you choose (12:05-12:55)		12:30PM	As you choose (12:05-12:55)		12:30PM	As you choose (12:05-12:55)		12:30PM	As you choose (12:05-12:55)		12:30PM	As you choose (12:05-12:55)			
1:00PM	Lane Swim	Family/ Open Swim	1:00PM	Lane Swim	KidsR Us 1:05-2:35	1:00PM	Lane Swim	Family/ Open Swim	1:00PM	Lane Swim	Friday Fun Day & Open Swim	1:00PM	Lane Swim			
1:30PM			1:30PM			1:30PM			1:30PM			1:30PM		1:30PM	1:30PM	1:30PM
2:00PM			2:00PM			2:00PM			2:00PM			2:00PM		2:00PM	2:00PM	2:00PM
2:30PM	Lane Swim	Family/ Open Swim	2:30PM	Lane Swim	Family/ Open Swim	2:30PM	Lane Swim	Family/ Open Swim	2:30PM	Lane Swim	Friday Fun Day & Open Swim	2:30PM	Lane Swim			
3:00PM			3:00PM			3:00PM			3:00PM			3:00PM		3:00PM	3:00PM	3:00PM
3:30PM			3:30PM			3:30PM			3:30PM			3:30PM		3:30PM	3:30PM	3:30PM
4:00PM	Lane Swim	Family/ Open Swim	4:00PM	Lane Swim	KidsR Us 1:05-2:35	4:00PM	Lane Swim	Family/ Open Swim	4:00PM	Lane Swim	Friday Fun Day & Open Swim	4:00PM	Lane Swim			
4:30PM			4:30PM			4:30PM			4:30PM			4:30PM		4:30PM	4:30PM	4:30PM
5:00PM			5:00PM			5:00PM			5:00PM			5:00PM		5:00PM	5:00PM	5:00PM
5:30PM	JSwim 3:45-7:30		5:30PM	JSwim 3:45-7:30		5:30PM	JSwim 3:45-7:30		5:30PM	JSwim 3:45-7:30		5:30PM	JSwim 3:45-7:30			
6:00PM	Lane Swim	Family/ Open Swim	6:00PM	Lane Swim	KidsR Us 1:05-2:35	6:00PM	Lane Swim	Family/ Open Swim	6:00PM	Lane Swim	Friday Fun Day & Open Swim	6:00PM	Lane Swim			
6:30PM			6:30PM			6:30PM			6:30PM			6:30PM		6:30PM	6:30PM	6:30PM
7:00PM			7:00PM			7:00PM			7:00PM			7:00PM		7:00PM	7:00PM	7:00PM
7:30PM	Lifesaving JFins Club		7:30PM	Lifesaving JFins Club		7:30PM	Lifesaving JFins Club		7:30PM	Lifesaving JFins Club		7:30PM	Lifesaving JFins Club			
8:00PM	Lane Swim		8:00PM	Lane Swim		8:00PM	Lane Swim		8:00PM	Lane Swim		8:00PM	Lane Swim			
8:30PM	Lane Swim		8:30PM	Lane Swim		8:30PM	Lane Swim		8:30PM	Lane Swim		8:30PM	Lane Swim			

Note: Aquafit classes with less than 12 participants will have 3 lanes, and 4 lanes with 12+ participants;
Aqua healing classes with less than 8 participants will have 3 lanes, and 4 lanes with 8+ participants

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 calgaryjcc.com/schedules for up-to-date information