

JUNE 2026 Pool Schedule

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

June 21 • 1:30PM-3:30PM, June 25 • 1:00PM-3:00PM | Private Event
June 28 • Closed | Staff Training
June 29 • 10:30AM-12:00PM, 1:00PM-3:00PM | Summer Camp
June 30 • 1:00PM-3:00PM | Summer Camp

June 1 to 30

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

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

Schedule subject to change without notice • Please check calgaryjcc.com/schedules for up-to-date information

In accordance with public health regulations, all pool users are required to take a cleansing shower prior to entering the pool