

OCTOBER 2026 Pool Schedule

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

October 11 • 1:30PM-2:30PM | Birthday Party (Shared Family Swim Lane)
October 12 • 8:00AM-3:30PM | Thanksgiving
October 19 & 23 • 1:00PM-3:00PM | JCC Day Camps (Shared Family Swim Lane)

**September 28
to October 31**

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

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