

NOVEMBER 2026 Pool Schedule

HOT TUB CLOSURES

at 8:30PM every Monday
at 5:00PM every Friday

November 11 • 8:00AM-3:30PM | Remembrance Day
November 12, 13, 20 & 27 • 1:15PM-2:15PM | JCC Day Camps (Shared Family Swim Lane)

November 1 to 30

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
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7:30AM			7:30AM			7:30AM			7:30AM			7:30AM			7:30AM			7:30AM			7:30AM			7:30AM			7:30AM
8:00AM	Lane Swim	Shallow Water (8:05-8:55)	8:00AM	Lane Swim	Tether (7:35-8:25)	8:00AM	Lane Swim	Deep Water (8:05-8:55)	8:00AM	Lane Swim	As you choose (7:35-8:25)	8:00AM	Lane Swim	As you choose (7:35-8:25)	8:00AM	Lane Swim	Tether (8:05-8:55)	8:00AM	Lane Swim	Lane Swim	8:00AM	Lane Swim	Open Swim	8:00AM	Lane Swim	Open Swim	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			9:00AM			9:00AM		Shallow Water (9:05-9:55)	9:00AM			9:00AM			9:00AM			9:00AM
9:30AM			9:30AM			9:30AM			9:30AM			9:30AM			9:30AM			9:30AM			9:30AM			9:30AM			9:30AM
10:00AM		Aqua Healing (10:05-10:55)	10:00AM			10:00AM		Aqua Healing (10:05-10:55)	10:00AM			10:00AM			10:00AM			10:00AM			10:00AM			10:00AM			10:00AM
10:30AM	Lane Swim		10:30AM	Lane Swim		10:30AM	Lane Swim		10:30AM	Lane Swim		10:30AM	Lane Swim		10:30AM	Lane Swim		10:30AM	Lane Swim		10:30AM	Lane Swim		10:30AM	Lane Swim		10:30AM
11:00AM		Family/ Open Swim	11:00AM			11:00AM			11:00AM			11:00AM			11:00AM			11:00AM			11:00AM			11:00AM			11:00AM
11:30AM			11:30AM			11:30AM			11:30AM			11:30AM			11:30AM			11:30AM			11:30AM			11:30AM			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		Family/ Open Swim	1:30PM		KidsR Us 1:00-2:45	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			2:00PM			2:00PM
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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