

OCTOBER 2022 Pool Schedule

Tuesday, October 4 Hours: 5:30AM to 3:30PM
Wednesday, October 5: CLOSED
Monday, October 10 Hours: 8:00AM to 3:30PM

October 1 to 31

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:30AM	Lane Swim	5:30AM	Lane Swim	5:30AM	Lane Swim	5:30AM	Lane Swim	5:30AM	Lane Swim	5:30AM		5:30AM	
6:00AM	Lane Swim	6:00AM	Lane Swim	6:00AM	Lane Swim	6:00AM	Lane Swim	6:00AM	Lane Swim	6:00AM		6:00AM	
6:30AM	Our Lady of the Rockies Pool Rental	6:30AM	Lane Swim	6:30AM	Our Lady of the Rockies Pool Rental	6:30AM	Lane Swim	6:30AM	Our Lady of the Rockies Pool Rental	6:30AM		6:30AM	
7:00AM	Our Lady of the Rockies Pool Rental	7:00AM	Lane Swim	7:00AM	Our Lady of the Rockies Pool Rental	7:00AM	Lane Swim	7:00AM	Our Lady of the Rockies Pool Rental	7:00AM		7:00AM	
7:30AM	Our Lady of the Rockies Pool Rental	7:30AM	Tether (7:35-8:25)	7:30AM	Our Lady of the Rockies Pool Rental	7:30AM	Lane Swim	7:30AM	Our Lady of the Rockies Pool Rental	7:30AM		7:30AM	
8:00AM	Lane Swim	8:00AM	Tether (7:35-8:25)	8:00AM	Lane Swim	8:00AM	As you choose (7:35-8:25)	8:00AM	Tether (8:05-8:55)	8:00AM		8:00AM	Lane Swim
8:30AM	Lane Swim	8:30AM	True Blue 8:30-12:15	8:30AM	Lane Swim	8:30AM	Deep Water (8:05-8:55)	8:30AM	Tether (8:05-8:55)	8:30AM		8:30AM	As you choose (8:05-8:55)
9:00AM	Lane Swim	9:00AM	True Blue 8:30-12:15	9:00AM	Lane Swim	9:00AM	Shallow Water (9:05-9:55)	9:00AM	Lane Swim	9:00AM	True Blue 8:30-5:45	9:00AM	True Blue 9:00-2:15
9:30AM	Lane Swim	9:30AM	True Blue 8:30-12:15	9:30AM	Lane Swim	9:30AM	Aqua Healing (10:05-10:55)	9:30AM	Lane Swim	9:30AM	True Blue 8:30-5:45	9:30AM	True Blue 9:00-2:15
10:00AM	Lane Swim	10:00AM	True Blue 8:30-12:15	10:00AM	Lane Swim	10:00AM	Aqua Healing (10:05-10:55)	10:00AM	Lane Swim	10:00AM	True Blue 8:30-5:45	10:00AM	True Blue 9:00-2:15
10:30AM	Lane Swim	10:30AM	True Blue 8:30-12:15	10:30AM	Lane Swim	10:30AM	Aqua Healing (10:05-10:55)	10:30AM	Lane Swim	10:30AM	True Blue 8:30-5:45	10:30AM	True Blue 9:00-2:15
11:00AM	Lane Swim	11:00AM	True Blue 8:30-12:15	11:00AM	Lane Swim	11:00AM	Family/Open Swim	11:00AM	Lane Swim	11:00AM	True Blue 8:30-5:45	11:00AM	True Blue 9:00-2:15
11:30AM	Lane Swim	11:30AM	True Blue 8:30-12:15	11:30AM	Lane Swim	11:30AM	Family/Open Swim	11:30AM	Lane Swim	11:30AM	True Blue 8:30-5:45	11:30AM	True Blue 9:00-2:15
12:00PM	Lane Swim	12:00PM	True Blue 8:30-12:15	12:00PM	Lane Swim	12:00PM	As you choose (12:05-12:55)	12:00PM	Lane Swim	12:00PM	True Blue 8:30-5:45	12:00PM	True Blue 9:00-2:15
12:30PM	Lane Swim	12:30PM	True Blue 8:30-12:15	12:30PM	Lane Swim	12:30PM	As you choose (12:05-12:55)	12:30PM	Lane Swim	12:30PM	True Blue 8:30-5:45	12:30PM	True Blue 9:00-2:15
1:00PM	Lane Swim	1:00PM	True Blue 8:30-12:15	1:00PM	Lane Swim	1:00PM	As you choose (12:05-12:55)	1:00PM	Lane Swim	1:00PM	True Blue 8:30-5:45	1:00PM	True Blue 9:00-2:15
1:30PM	Lane Swim	1:30PM	True Blue 8:30-12:15	1:30PM	Lane Swim	1:30PM	As you choose (12:05-12:55)	1:30PM	Lane Swim	1:30PM	True Blue 8:30-5:45	1:30PM	True Blue 9:00-2:15
2:00PM	Lane Swim	2:00PM	True Blue 8:30-12:15	2:00PM	Lane Swim	2:00PM	As you choose (12:05-12:55)	2:00PM	Lane Swim	2:00PM	True Blue 8:30-5:45	2:00PM	True Blue 9:00-2:15
2:30PM	True Blue 2:30-7:15	2:30PM	True Blue 2:30-7:15	2:30PM	True Blue 2:30-7:15	2:30PM	True Blue 2:30-7:15	2:30PM	True Blue 2:30-7:15	2:30PM	True Blue 8:30-5:45	2:30PM	True Blue 9:00-2:15
3:00PM	True Blue 2:30-7:15	3:00PM	True Blue 2:30-7:15	3:00PM	True Blue 2:30-7:15	3:00PM	True Blue 2:30-7:15	3:00PM	True Blue 2:30-7:15	3:00PM	True Blue 8:30-5:45	3:00PM	True Blue 9:00-2:15
3:30PM	True Blue 2:30-7:15	3:30PM	True Blue 2:30-7:15	3:30PM	True Blue 2:30-7:15	3:30PM	True Blue 2:30-7:15	3:30PM	True Blue 2:30-7:15	3:30PM	True Blue 8:30-5:45	3:30PM	True Blue 9:00-2:15
4:00PM	True Blue 2:30-7:15	4:00PM	True Blue 2:30-7:15	4:00PM	True Blue 2:30-7:15	4:00PM	True Blue 2:30-7:15	4:00PM	True Blue 2:30-7:15	4:00PM	True Blue 8:30-5:45	4:00PM	True Blue 9:00-2:15
4:30PM	True Blue 2:30-7:15	4:30PM	True Blue 2:30-7:15	4:30PM	True Blue 2:30-7:15	4:30PM	True Blue 2:30-7:15	4:30PM	True Blue 2:30-7:15	4:30PM	True Blue 8:30-5:45	4:30PM	True Blue 9:00-2:15
5:00PM	True Blue 2:30-7:15	5:00PM	True Blue 2:30-7:15	5:00PM	True Blue 2:30-7:15	5:00PM	True Blue 2:30-7:15	5:00PM	True Blue 2:30-7:15	5:00PM	True Blue 8:30-5:45	5:00PM	True Blue 9:00-2:15
5:30PM	True Blue 2:30-7:15	5:30PM	True Blue 2:30-7:15	5:30PM	True Blue 2:30-7:15	5:30PM	True Blue 2:30-7:15	5:30PM	True Blue 2:30-7:15	5:30PM	True Blue 8:30-5:45	5:30PM	True Blue 9:00-2:15
6:00PM	True Blue 2:30-7:15	6:00PM	True Blue 2:30-7:15	6:00PM	True Blue 2:30-7:15	6:00PM	True Blue 2:30-7:15	6:00PM	True Blue 2:30-7:15	6:00PM	True Blue 8:30-5:45	6:00PM	True Blue 9:00-2:15
6:30PM	True Blue 2:30-7:15	6:30PM	True Blue 2:30-7:15	6:30PM	True Blue 2:30-7:15	6:30PM	True Blue 2:30-7:15	6:30PM	True Blue 2:30-7:15	6:30PM	True Blue 8:30-5:45	6:30PM	True Blue 9:00-2:15
7:00PM	True Blue 2:30-7:15	7:00PM	True Blue 2:30-7:15	7:00PM	True Blue 2:30-7:15	7:00PM	True Blue 2:30-7:15	7:00PM	True Blue 2:30-7:15	7:00PM	True Blue 8:30-5:45	7:00PM	True Blue 9:00-2:15
7:30PM	Mako Water polo	7:30PM	Junior Masters Swim Club	7:30PM	Mako Water polo	7:30PM	Junior Masters Swim Club	7:30PM	Certification Courses (4:30-8:30)	7:30PM	Certification Courses (12:00-8:00)	7:30PM	Certification Courses (12:00-8:00)
8:00PM	Mako Water polo	8:00PM	Junior Masters Swim Club	8:00PM	Mako Water polo	8:00PM	Junior Masters Swim Club	8:00PM	Certification Courses (4:30-8:30)	8:00PM	Certification Courses (12:00-8:00)	8:00PM	Certification Courses (12:00-8:00)
8:30PM		8:30PM	Family/Open Swim	8:30PM		8:30PM	Family/Open Swim	8:30PM		8:30PM	Family Swim & Birthday	8:30PM	Family Swim & Birthday
9:00PM		9:00PM	Family/Open Swim	9:00PM		9:00PM	Family/Open Swim	9:00PM		9:00PM	Family Swim & Birthday	9:00PM	Family Swim & Birthday

Note: Aquafit classes with less than 12 participants will have 3 lanes, and 4 lanes with 12+ 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 our website at calgaryjcc.com/schedules for up-to-date information