PAPERNY FAMILY

## JCC CALGARY

## JANUARY 2023 Pool Schedule

## January 3 to 31

MONDAY					TUESDAY				WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY					
5:30AM		Lane Swim		5:30AM			5:30AM				5:30AM				5:30AM				5:30AM			5:30AM			<u></u>	
6:00AM				6:00AM							6:00AM				6:00AM				6:00AM				6:00AM			
6:30AM				6:30AM	Lane Sw	/im	6:30AM		Lane Swim		6:30AM	Lane Swim		m	6:30AM		Lane Swi	m	6:30AM				6:30AM			
7:00AM				7:00AM			7:00AM			7:00AM			7:00AM								7:00AM					
7:30AM				7:30AM	T.I		7:30AM				7:30AM		As you	u choose (7:35-	7:30AM			7:30AM				7:30AM				
8:00AM		Shallow Water (8:05-		8:00AM	Tether (7:35-8:25)		8:00AM	Lane S	Swim Deep Water (8:05 8:55)	Water (8:05-	8:00AM	8:25)		8:00AM	Tether (8:05-		8:00AM				8:00AM		As yo	u choose		
8:30AM	Lane Swim	8:55)	8:30AM		8:30AM	8:30AM				8:30AM	8:55)		8:30AM				8:30AM	Lane Swim	(8:0	5-8:55)						
9:00AM		Aqua Healing (10:05- 10:55) Family/ Open Swim		9:00AM			9:00AM		Shallow Water (9:05-		9:00AM				9:00AM	Lane Swim	Sha	llow Water	9:00AM				9:00AM			
9:30AM				9:30AM			9:30AM		9:	9:55)	9:30AM				9:30AM		(9:05-9:55)		9:30AM				9:30AM			
10:00AM				10:00AM		ue Blue 8:30-12:15					10:00AM	True	9 June 9 1	lue 8:30-12:15	10:00AM		Deep Wat	ter (10:05-	10:00AM			10:00AM				
10:30AM	Swim			10:30AM			10:30AM	Swim			10:30AM	AM	Brue 0:50-12:15	10:30AM		10:	55)	10:30AM			10:30AM					
11:00AM	Lane			11:00AM				Lane			11:00AM				11:00AM	Swim		Family/ Open	11:00AM			11:00AM		True Blue 9:00-2:1		
11:30AM				11:30AM			11:30AM	M	Swim		11:30AM				11:30AM	Lane		Swim	11:30AM				11:30AM			True B
12:00PM		As you choose (12:05-12:55)		12:00PM		As you Choose (12:15-1:05)			As you choose (12:05-12:55)		12:00PM			12:00PM		As you choose (12:05-		12:00PM				12:00PM				
12:30PM				12:30PM	As you Choo						12:30PM	٨٤	As you Choose (1	e (12·15-1·05)	12:30PM		12:	55)	12:30PM				12:30PM			
1:00PM			Family/	1:00PM	Lane Swim Open	1:00PM		Lane Swim Oper	Family/	1:00PM	Lane Swii	you choos	vim Kids r Us	1:00PM				1:00PM	True Blue 8:30-5:45		1:00PM					
1:30PM	La	ane Swim	Open	1:30PM		1:30PM	La		Open	1:30PM		Swim		1:30PM	Lane S	Swim Friday	Fun Day/Family Swim	1:30PM			1:30PM					
2:00PM		Swim		2:00PM	Swim		2:00PM		Swim		2:00PM	Lunc a	Lessons	2:00PM				2:00PM				2:00PM				
2:30PM				2:30PM			2:30PM				2:30PM				2:30PM				2:30PM				2:30PM		S	gs
3:00PM				3:00PM			3:00PM				3:00PM			3:00PM				3:00PM				3:00PM	-8:00)	Lane Swim Family Swim & Birthday Parties Bookings	okin	
3:30PM				3:30PM							3:30PM	-			3:30PM							3:30PM			3:30PM	es Bc
4:00PM	OPPM OPPM OPPM OPPM		4:00PM	True Blue 2:30-7:15		4:00PM				4:00PM				4:00PM				4:00PM				4:00PM	12:00-	E	Parti	
4:30PM			4:30PM			4:30PM		rue Blue 2:30-7:15		4:30PM	True	Blue 2:30-7:15		4:30PM	True Blue 2:3		30-7:15	4:30PM	-			4:30PM	on Courses (	Lane Swim Birthday Pa	day	
5:00PM			5:00PM			5:00PM				5:00PM			5:00PM				5:00PM	5:00PM				Lane		Lane Birth		
5:30PM			5:30PM			5:30PM			5:30PM			5:30PM				5:30PM				5:30PM	tificati		а В			
6:00PM			6:00PM			6:00PM			6:00PM			6:00PM				6:00PM	Family Swim & Birthday		6:00PM	Ğ		y Swi				
6:30PM			6:30PM						6:30PM			6:30PM				6:30PM			6:30PM			ylime				
7:00PM				7:00PM			7:00PM			7:00PM			7:00PM			7:00PM	La Far & B			7:00PM			Ľ.			
7:30PM		Mako Water polo		7:30PM	Junior <u>E</u> Masters	Martine Rom			Mako Water polo		7:30PM	Junior Masters	e Swim	Family/O	7:30PM	Certi	fication Cou	ırses (4:30-	7:30PM				7:30PM			
8:00PM				8:00PM	Swim Club		8:00PM				8:00PM			Swim	8:00PM	8:30)			8:00PM				8:00PM			
8:30PM			8:30PM			8:30PM				8:30PM				8:30PM	ļ			8:30PM				8:30PM				
9:00PM				9:00PM			9:00PM				9:00PM				9:00PM				9:00PM				9:00PM			

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