

JANUARY 2023 Pool Schedule

January 3 to 31

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY						
5:30AM		5:30AM		5:30AM		5:30AM		5:30AM		5:30AM		5:30AM						
6:00AM		6:00AM		6:00AM		6:00AM		6:00AM		6:00AM		6:00AM						
6:30AM	Lane Swim	6:30AM	Lane Swim	6:30AM	Lane Swim	6:30AM	Lane Swim	6:30AM	Lane Swim	6:30AM		6:30AM						
7:00AM		7:00AM		7:00AM		7:00AM		7:00AM		7:00AM		7:00AM						
7:30AM		7:30AM		7:30AM		7:30AM		7:30AM		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		8:30AM		8:30AM	Deep Water (8:05-8:55)	8:30AM		8:30AM		8:30AM		8:30AM	As you choose (8:05-8:55)					
9:00AM	Deep Water (9:05-9:55)	9:00AM	True Blue 8:30-12:15	9:00AM	Shallow Water (9:05-9:55)	9:00AM	True Blue 8:30-12:15	9:00AM	Lane Swim	9:00AM	Shallow Water (9:05-9:55)	9:00AM	True Blue 9:00-2:15					
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	Deep Water (10:05-10:55)	10:00AM						
10:30AM		10:30AM			10:30AM			10:30AM		10:30AM		10:30AM			10:30AM			
11:00AM	Lane Swim	11:00AM		11:00AM	Family/Open Swim	11:00AM		11:00AM	Lane Swim	11:00AM	Family/Open Swim	11:00AM						
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		12:00PM	As you choose (12:05-12:55)	12:00PM		12:00PM	As you choose (12:05-12:55)	12:00PM		12:00PM						
12:30PM		12:30PM		12:30PM		12:30PM		12:30PM		12:30PM		12:30PM						
1:00PM		1:00PM	As you Choose (12:15-1:05)	1:00PM		1:00PM	As you Choose (12:15-1:05)	1:00PM		1:00PM	True Blue 8:30-5:45	1:00PM						
1:30PM	Lane Swim	1:30PM	Lane Swim	1:30PM	Family/Open Swim	1:30PM	Lane Swim	1:30PM	Lane Swim	1:30PM		1:30PM						
2:00PM		2:00PM	Family/Open Swim	2:00PM		2:00PM		2:00PM	Friday Fun Day/Family Swim	2:00PM		2:00PM						
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 2:30-7:15	2:30PM	Certification Courses (12:00-8:00)					
3:00PM				3:00PM				3:00PM				3:00PM			3:00PM			
3:30PM				3:30PM				3:30PM				3:30PM			3:30PM		3:30PM	
4:00PM				4:00PM				4:00PM				4:00PM			4:00PM		4:00PM	
4:30PM		4:30PM		4:30PM		4:30PM		4:30PM		4:30PM		4:30PM						
5:00PM		5:00PM		5:00PM		5:00PM		5:00PM		5:00PM		5:00PM						
5:30PM		5:30PM		5:30PM		5:30PM		5:30PM		5:30PM		5:30PM						
6:00PM		6:00PM		6:00PM		6:00PM		6:00PM		6:00PM		6:00PM						
6:30PM		6:30PM		6:30PM		6:30PM		6:30PM		6:30PM	Certification Courses (12:00-8:00)	6:30PM						
7:00PM		7:00PM		7:00PM		7:00PM		7:00PM		7:00PM	Lane Swim	7:00PM						
7:30PM		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	Family Swim & Birthday	7:30PM						
8:00PM		8:00PM	Lane Swim	8:00PM		8:00PM	Family/Open Swim	8:00PM		8:00PM		8:00PM						
8:30PM		8:30PM		8:30PM		8:30PM		8:30PM		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