

JANUARY 2025 Pool Schedule

THE HOT TUB CLOSSES at 3:00PM every Friday.
Wednesday, January 1 • 8:00AM-4:30PM. Sunday, January 5 • 8:00AM 3:30PM.
January 2, 3 • DAY CAMPS from 1:00PM-3:00PM.

January 1 to 5

WEDNESDAY, JAN 1		THURSDAY, JAN 2		FRIDAY, JAN 3		SATURDAY, JAN 4		SUNDAY, JAN 5	
5:30AM		5:30AM		5:30AM		5:30AM		5:30AM	
6:00AM		6:00AM		6:00AM		6:00AM		6:00AM	
6:30AM		6:30AM		6:30AM		6:30AM		6:30AM	
7:00AM		7:00AM		7:00AM	Lane Swim	7:00AM		7:00AM	
7:30AM		7:30AM		7:30AM		7:30AM		7:30AM	
8:00AM	Lane Swim	8:00AM	Lane Swim	8:00AM		8:00AM		8:00AM	Lane Swim
8:30AM	Lane Swim	8:30AM	Lane Swim	8:30AM		8:30AM	Lane Swim	8:30AM	Lane Swim
9:00AM	Lane Swim	9:00AM	Lane Swim	9:00AM	Shallow Water Aqua Fit	9:00AM		9:00AM	Lane Swim
9:30AM	Lane Swim	9:30AM	Lane Swim	9:30AM	Deep Water Aqua Fit	9:30AM		9:30AM	Lane Swim
10:00AM	Lane Swim	10:00AM	Lane Swim	10:00AM		10:00AM		10:00AM	Lane Swim
10:30AM	Lane Swim	10:30AM	Lane Swim	10:30AM		10:30AM		10:30AM	Lane Swim
11:00AM	Lane Swim	11:00AM	Lane Swim	11:00AM		11:00AM	Lane Swim	11:00AM	Lane Swim
11:30AM	Lane Swim	11:30AM	Lane Swim	11:30AM		11:30AM		11:30AM	Lane Swim
12:00PM	Lane Swim	12:00PM	Family/ Open Swim	12:00PM		12:00PM		12:00PM	Lane Swim
12:30PM	Lane Swim	12:30PM	Family/ Open Swim	12:30PM		12:30PM		12:30PM	Lane Swim
1:00PM	Lane Swim	1:00PM	Day Camp	1:00PM	Lane Swim	1:00PM		1:00PM	Certification Courses
1:30PM	Lane Swim	1:30PM	Day Camp	1:30PM	Lane Swim	1:30PM		1:30PM	Certification Courses
2:00PM	Lane Swim	2:00PM	Day Camp	2:00PM	Lane Swim	2:00PM		2:00PM	Certification Courses
2:30PM	Lane Swim	2:30PM	Day Camp	2:30PM	Lane Swim	2:30PM		2:30PM	Certification Courses
3:00PM	Lane Swim	3:00PM	Day Camp	3:00PM	Lane Swim	3:00PM		3:00PM	Certification Courses
3:30PM	Lane Swim	3:30PM	Family/ Open Swim	3:30PM		3:30PM	Certification Courses	3:30PM	
4:00PM		4:00PM	Family/ Open Swim	4:00PM		4:00PM		4:00PM	
4:30PM		4:30PM	Family/ Open Swim	4:30PM		4:30PM		4:30PM	
5:00PM		5:00PM	Family/ Open Swim	5:00PM		5:00PM		5:00PM	
5:30PM		5:30PM	Family/ Open Swim	5:30PM		5:30PM		5:30PM	
6:00PM		6:00PM	Family/ Open Swim	6:00PM		6:00PM		6:00PM	
6:30PM		6:30PM	Family/ Open Swim	6:30PM	Certification Courses	6:30PM		6:30PM	
7:00PM		7:00PM	Family/ Open Swim	7:00PM		7:00PM		7:00PM	
7:30PM		7:30PM	Family/ Open Swim	7:30PM		7:30PM		7:30PM	
8:00PM		8:00PM	Certification	8:00PM		8:00PM		8:00PM	
8:30PM		8:30PM		8:30PM		8:30PM		8:30PM	
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;
 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