

FEBRUARY 2025 Pool Schedule

THE HOT TUB CLOSSES at 3:00PM every Friday. FAMILY DAY Monday, February 17 • 8:00AM-3:30PM.
February 13, 14, 28 • NO FAMILY/OPEN SWIM | DAY CAMPS from 1:00PM-2:30PM.

February 1 to 28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
6:00AM	Private Lesson	Private Lesson	Private Lesson	Private Lesson	Private Lesson		
6:30AM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
7:00AM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
7:30AM	Lane Swim	Tether (7:40-8:30)	Lane Swim	As you choose (7:35-8:25)	Lane Swim		
8:00AM	Shallow Water (8:05-8:55)		Deep Water (8:05-8:55)		Tether (8:05-8:55)		Lane Swim
8:30AM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	True Blue 8:30-1:30	As you choose (8:05-8:55)
9:00AM	Deep Water (9:05-9:55)	Lane Swim	Shallow Water (9:05-9:55)	JSwim	Lane Swim		True Blue 9:00-2:15
9:30AM	Aqua Healing (10:05-10:55)	Family/ Open Swim	Aqua Healing (10:05-10:55)	JSwim	Shallow Water (9:05-9:55)		True Blue 9:00-2:15
10:00AM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Deep Water (10:05-10:55)		True Blue 9:00-2:15
10:30AM	Family/ Open Swim	Family/ Open Swim	Family/ Open Swim	JSwim	Family/ Open Swim		True Blue 9:00-2:15
11:00AM	As you choose (12:05-12:55)	As you Choose (12:15-1:05)	As you choose (12:05-12:55)	As you Choose (12:15-1:05)	As you choose (12:05-12:55)		True Blue 9:00-2:15
11:30AM	Lane Swim	Kids R Us Lessons	Lane Swim	Lane Swim	Friday Fun Day/Open Swim		True Blue 9:00-2:15
12:00PM	Family/ Open Swim	Family/ Open Swim	Family/ Open Swim	Family/ Open Swim	Family/ Open Swim		True Blue 9:00-2:15
12:30PM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		True Blue 9:00-2:15
1:00PM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		True Blue 9:00-2:15
1:30PM	Family/ Open Swim	Family/ Open Swim	Family/ Open Swim	Family/ Open Swim	Family/ Open Swim		True Blue 9:00-2:15
2:00PM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		True Blue 9:00-2:15
2:30PM	Family/ Open Swim	Family/ Open Swim	Family/ Open Swim	Family/ Open Swim	Family/ Open Swim		True Blue 9:00-2:15
3:00PM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		True Blue 9:00-2:15
3:30PM	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15		True Blue 9:00-2:15
4:00PM	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15		True Blue 9:00-2:15
4:30PM	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15		True Blue 9:00-2:15
5:00PM	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15		True Blue 9:00-2:15
5:30PM	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15		True Blue 9:00-2:15
6:00PM	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15		True Blue 9:00-2:15
6:30PM	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15		True Blue 9:00-2:15
7:00PM	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15	True Blue 3:30-7:15		True Blue 9:00-2:15
7:30PM	Lifesaving Swim Club	Recreational Swim Club	Lifesaving Swim Club	Recreational Swim Club	Certification Courses (4:30-8:30)		
8:00PM	Lane Swim	Family/ Open Swim	Lane Swim	Family/ Open Swim			
8:30PM							
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