PAPERNY FAMILY JCC CALGARY

MAY 2025 Pool Schedule

HOT TUB CLOSES at **3:00PM** every Friday

Sunday, May 4 • **NO LANE SWIM** from **2:30-6:30PM** due to PJ Library® Event
Friday, May 16 • **NO FAMILY/OPEN SWIM** from **1:00-2:30PM** due to Day Camps.
Monday, May 19 • **8:00AM-3:30PM**

May 1 to 31

Schedule

MONDAY
- Lane Swim (5:30AM–onward, left side)
- Private Lesson (6:30AM area)
- Shallow Water (8:05-8:55)
- Deep Water (9:05-9:55)
- Aqua Healing (10:05-10:55)
- Family/Open Swim (11:00AM–12:00PM)
- As you choose (12:05-12:55)
- Lane Swim (afternoon)
- Family/Open Swim (1:30–2:30PM)
- True Blue 3:30-7:15
- Lifesaving Swim Club (7:30–8:00PM) / Lane Swim

TUESDAY
- Lane Swim (5:30AM–onward)
- Private Lesson
- Tether (7:40-8:30)
- Lane Swim
- Family/Open Swim (9:00AM–12:00PM)
- As you Choose (12:15-1:05)
- Kids R Us Lessons (1:00–2:00PM)
- Family/Open Swim (2:00–3:00PM)
- Lane Swim
- True Blue 3:30-7:15
- Recreational Swim Club (7:30–8:00PM) / Family/Open

WEDNESDAY
- Lane Swim (5:30AM–onward)
- Private Lesson
- Deep Water (8:05-8:55)
- Shallow Water (9:05-9:55)
- Aqua Healing (10:05-10:55)
- Family/Open Swim (11:00AM–12:00PM)
- As you choose (12:05-12:55)
- Lane Swim
- Family/Open Swim (1:30–3:00PM)
- True Blue 3:30-7:15
- Lifesaving Swim Club (7:30–8:00PM) / Lane Swim

THURSDAY
- Lane Swim (5:30AM–onward)
- Private Lesson
- Private Lesson
- As you choose (7:35-8:25)
- JSwim (9:00AM–12:00PM)
- Lane Swim
- As you Choose (12:15-1:05)
- Lane Swim
- Family/Open Swim
- True Blue 3:30-7:15
- Recreational Swim Club (7:30–8:00PM) / Family/Open

FRIDAY
- Lane Swim (5:30AM–onward)
- Private Lesson
- Tether (8:05-8:55)
- Lane Swim
- Shallow Water (9:05-9:55)
- Deep Water (10:05-10:55)
- Family/Open Swim (11:00AM–12:00PM)
- As you choose (12:05-12:55)
- Friday Fun Day/Open Swim (1:00–2:00PM)
- Lane Swim
- Family/Open Swim (2:30–3:00PM)
- True Blue 3:30-7:15
- Certification Courses (4:30-8:30)

SATURDAY
- Lane Swim (8:00–8:30AM)
- True Blue 8:30-1:30
- Lane Swim (1:30PM onward)
- Certification Courses (12:00-8:00)

SUNDAY
- Lane Swim (8:00AM)
- As you choose (8:05-8:55)
- True Blue 9:00-2:15
- Certification Courses (12:00-8:00)
- Lane Swim
- Family Swim & Birthday Parties Bookings
- Family Swim & Birthday (Friday column 3:30–7:15)

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

Schedule subject to change without notice • Please check **calgaryjcc.com/schedules** for up-to-date information

In accordance with public health regulations, all pool users are required to take a cleansing shower prior to entering the pool