

JUNE 2025 Pool Schedule

HOT TUB CLOSES
at 3:00PM every Friday

Monday, June 2 & 3 • NO FAMILY/OPEN SWIM from 1:15-2:15PM due to Day Camps
Saturday, June 14 • 2:30-6:30PM Private Event
Sunday, June 22 • POOL CLOSED at 3:30PM due to Staff InService
Monday, June 30 • 7:30-8:30PM Free Skill Assessment

June 1 to 30

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY						
5:30AM	Lane Swim	Private Lesson	5:30AM	Lane Swim	Private Lesson	5:30AM	Lane Swim	Private Lesson	5:30AM	Lane Swim	Private Lesson	5:30AM	Lane Swim	Private Lesson	5:30AM			5:30AM						
6:00AM			6:00AM			6:00AM			6:00AM			6:00AM			6:00AM			6:00AM						
6:30AM			6:30AM			6:30AM			6:30AM			6:30AM			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		Shallow Water (8:05-8:55)		8:00AM	Tether (7:40-8:30)		8:00AM	Deep Water (8:05-8:55)		8:00AM	As you choose (7:35-8:25)		8:00AM	Tether (8:05-8:55)		8:00AM	Lane Swim	As you choose (8:05-8:55)						
8:30AM		Lane Swim		8:30AM	Lane Swim	Swim Assessments	8:30AM	Lane Swim		8:30AM	Lane Swim		8:30AM	Lane Swim		8:30AM			8:30AM					
9:00AM				9:00AM			9:00AM			9:00AM			9:00AM			9:00AM			9:00AM					
9:30AM				9:30AM			9:30AM			9:30AM			9:30AM			9:30AM			9:30AM					
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11:00AM				11:00AM			11:00AM			11:00AM			11:00AM			11:00AM			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	As you Choose (12:15-1:05)		12:00PM	As you choose (12:05-12:55)		12:00PM	As you Choose (12:15-1:05)		12:00PM	As you choose (12:05-12:55)		12:00PM			12:00PM					
12:30PM	Lane Swim	Family/ Open Swim	12:30PM	Lane Swim	Family/ Open Swim	12:30PM	Lane Swim	Family/ Open Swim	12:30PM	Lane Swim	Family/ Open Swim	12:30PM	Lane Swim	Family/ Open Swim	12:30PM	12:30PM								
1:00PM			1:00PM			1:00PM			1:00PM			1:00PM			1:00PM	1:00PM								
1:30PM			1:30PM			1:30PM			1:30PM			1:30PM			1:30PM	Swim Assessments	Lane Swim	1:30PM						
2:00PM			2:00PM			2:00PM			2:00PM			2:00PM			2:00PM			2:00PM						
2:30PM			2:30PM			2:30PM			2:30PM			2:30PM			2:30PM			2:30PM						
3:00PM			3:00PM			3:00PM			3:00PM			3:00PM			3:00PM			3:00PM						
3:30PM	True Blue 3:30-7:15		3:30PM	True Blue 3:30-7:15		3:30PM	True Blue 3:30-7:15		3:30PM	True Blue 3:30-7:15		3:30PM	True Blue 3:30-7:15		3:30PM			3:30PM						
4:00PM			4:00PM			4:00PM			4:00PM			4:00PM			4:00PM	Certification Courses (12:00-8:00)	Lane Swim	4:00PM	Family Swim & Birthday					
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						
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6:00PM			6:00PM			6:00PM			6:00PM			6:00PM			6:00PM			6:00PM						
6:30PM	Lifesaving Swim Club	Lane Swim	6:30PM	Recreational Swim Club	Family/ Open Swim	6:30PM	Lifesaving Swim Club	Lane Swim	6:30PM	Recreational Swim Club	Family/ Open Swim	6:30PM	Certification Courses (4:30-8:30)		6:30PM			6:30PM						
7:00PM			7:00PM			7:00PM			7:00PM			7:00PM			7:00PM			7:00PM						
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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;
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