

JULY 2025 Pool Schedule

HOT TUB CLOSES
at 3:00PM every Friday

Tuesday, July 1 • 8:00-8:30PM Canada Day

July 1 to 31

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY															
5:30AM	Lane Swim	5:30AM	Lane Swim	5:30AM	Lane Swim	5:30AM	Lane Swim	5:30AM	Lane Swim	5:30AM	True Blue 8:30-1:30	5:30AM	Lane Swim														
6:00AM		Private Lesson		6:00AM		Private Lesson		6:00AM		Private Lesson		6:00AM		Private Lesson	6:00AM	Private Lesson	6:00AM	Aqua Variety (8:05-8:55)									
6:30AM		6:30AM		6:30AM		6:30AM		6:30AM		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		7:00AM	7:00AM	7:00AM	7:00AM	7:00AM									
7:30AM		7:30AM		7:30AM		7:30AM		7:30AM		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	Deep Water (8:05-8:55)	8:00AM	8:00AM	8:00AM	8:00AM							
8:30AM		8:30AM		8:30AM		8:30AM		8:30AM		8:30AM		8:30AM		8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	8:30AM							
9:00AM		Deep Water (9:05-9:55)		9:00AM		Family/ Open Swim		9:00AM		Shallow Water (9:05-9:55)		9:00AM		JSwim - Daycare	9:00AM	Shallow Water (9:05-9:55)	9:00AM	9:00AM	9:00AM	9:00AM							
9:30AM		9:30AM		9:30AM		9:30AM		9:30AM		9:30AM		9:30AM			9:30AM	9:30AM	9:30AM	9:30AM	9:30AM	9:30AM	9:30AM						
10:00AM		Aqua Healing (10:05-10:55)		10:00AM		Lane Swim		10:00AM		Aqua Healing (10:05-10:55)		10:00AM			Lane Swim	10:00AM	Aqua Healing (10:05-10:55)	10:00AM	10:00AM	10:00AM	10:00AM						
10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	10:30AM														
11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	11:00AM														
11:30AM	Family/ Open Swim	11:30AM	Day Camps	11:30AM	Family/ Open Swim	11:30AM	11:30AM	11:30AM	Day Camps	11:30AM	11:30AM	11:30AM	11:30AM														
12:00PM	As you choose (12:05-12:55)	12:00PM	As you choose (12:05-12:55)	12:00PM	As you choose (12:05-12:55)	12:00PM	As you choose (12:05-12:55)	12:00PM	As you choose (12:05-12:55)	12:00PM	12:00PM	12:00PM	12:00PM														
12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM														
1:00PM	Lane Swim	1:00PM	Lane Swim	1:00PM	Lane Swim	1:00PM	Lane Swim	1:00PM	Lane Swim	1:00PM	Swim Assessments	1:00PM	Lane Swim														
1:30PM		Day Camps		1:30PM		Day Camps		1:30PM		Day Camps		1:30PM			Day Camps	1:30PM	Day Camps	1:30PM	1:30PM	1:30PM							
2:00PM		2:00PM		2:00PM		2:00PM		2:00PM		2:00PM		2:00PM		2:00PM	2:00PM	2:00PM	2:00PM	2:00PM	2:00PM	2:00PM							
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3:00PM		3:00PM		3:00PM		3:00PM		3:00PM		3:00PM		3:00PM		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	Certification Courses (12:00-8:00)	3:30PM	Certification Courses (12:00-8:00)							
4:00PM				4:00PM				4:00PM				4:00PM			4:00PM		4:00PM		4:00PM		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		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		5:00PM	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		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	6:00PM		6:00PM	6:00PM	6:00PM		6:00PM		6:00PM		6:00PM								
6:30PM	6:30PM		6:30PM	6:30PM	6:30PM		6:30PM	6:30PM	6:30PM		6:30PM	6:30PM	6:30PM		6:30PM		6:30PM		6:30PM								
7:00PM	7:00PM		7:00PM	7:00PM	7:00PM		7:00PM	7:00PM	7:00PM		7:00PM	7:00PM	7:00PM		7:00PM		7:00PM		7:00PM								
7:30PM	Swim Assessments		7:30PM	Recreational Swim Club	7:30PM		Swim Assessments	7:30PM	Recreational Swim Club		7:30PM	Certification Courses (4:30-8:30)	7:30PM		7:30PM		7:30PM		7:30PM								
8:00PM	Lane Swim		8:00PM	Family/ Open Swim	8:00PM		Lane Swim	8:00PM	Family/ Open Swim		8:00PM	8:00PM	8:00PM		8:00PM		8:00PM		8:00PM								
8:30PM	8:30PM	8:30PM	8:30PM	8:30PM	8:30PM	8:30PM	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	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