

# AUGUST 2025 Pool Schedule

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

**Monday, August 4 • 8:00-3:30PM Heritage Day**  
**Friday, August 8 • ONLY ONE LANE AVAILABLE from 10:00-11:30AM**  
**August 25 to September 24 • POOL CLOSED** Due to Annual Pool Maintenance

**August 1 to 24**

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										
6:30AM				6:30AM				6:30AM				6:30AM			6:30AM		6:30AM										
7:00AM				7:00AM				7:00AM				7:00AM			7:00AM		7:00AM										
7:30AM				7:30AM		Tether (7:35-8:25)		7:30AM				7:30AM		As you choose (7:35-8:25)	7:30AM		7:30AM		7:30AM								
8:00AM		Shallow Water (8:05-8:55)		8:00AM				8:00AM		Deep Water (8:05-8:55)		8:00AM			8:00AM	Deep Water (8:05-8:55)	8:00AM		8:00AM	Aqua Variety (8:05-8:55)							
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	True Blue 9:00-2:15	9:00AM	True Blue 9:00-2:15							
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			10:00AM			10:00AM					
10:30AM		10:30AM	Day Camps	10:30AM		10:30AM		10:30AM	Day Camps	10:30AM		10:30AM															
11:00AM		11:00AM		11:00AM	Family/ Open Swim	11:00AM		11:00AM		11:00AM		11:00AM															
11:30AM	Family/ Open Swim	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 (12:05-12:55)	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															
12:30PM		12:30PM		12:30PM		12:30PM		12:30PM		12:30PM		12:30PM															
1:00PM		1:00PM		1:00PM		1:00PM		1:00PM		1:00PM		1:00PM															
1:30PM	Lane Swim	1:30PM	Day Camps	1:30PM	Lane Swim	1:30PM	Lane Swim	1:30PM	Lane Swim	1:30PM	Swim Assessments	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	Swim Assessments	3:30PM	Certification Courses (12:00-8:00)														
4:00PM				4:00PM				4:00PM				4:00PM			4:00PM		4:00PM	Lane Swim									
4:30PM				4:30PM				4:30PM				4:30PM			4:30PM		4:30PM		Family Swim & Birthday								
5:00PM				5:00PM				5:00PM				5:00PM			5:00PM		5:00PM			Certification Courses (12:00-8:00)							
5:30PM				5:30PM				5:30PM				5:30PM			5:30PM		5:30PM				Lane Swim						
6:00PM				6:00PM				6:00PM				6:00PM			6:00PM		6:00PM					Certification Courses (12:00-8:00)					
6:30PM				6:30PM				6:30PM				6:30PM			6:30PM		6:30PM						Certification Courses (12:00-8:00)				
7:00PM				7:00PM				7:00PM				7:00PM			7:00PM		7:00PM							Certification Courses (12:00-8:00)			
7:30PM		Swim Assessments		7:30PM		Family/ Open Swim		7:30PM		Swim Assessments		7:30PM		Family/ Open Swim	7:30PM	Certification Courses (4:30-8:30)	7:30PM									7:30PM	
8:00PM				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															
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](http://calgaryjcc.com/schedules) for up-to-date information