

# SEPT/OCT 2025 Pool Schedule

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

**Sunday, September 28 • Pool Closes at 3:30PM | Staff Training**  
**Monday and Tuesday, September 29, 30 • Pool Closes at 7:00PM | Staff Training**  
**Wednesday, October 1 • 5:30AM-3:30PM | Erev Yom Kippur**  
**Thursday, October 2 • Closed | Yom Kippur**

**September 25  
to October 5**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	Lane Swim						
6:00AM							
6:30AM							
7:00AM							
7:30AM							
8:00AM							
8:30AM							
9:00AM	Shallow Water (8:05-8:55)	Tether (7:35-8:25)	Deep Water (8:05-8:55)	As you choose (7:35-8:25)	Tether (8:05-8:55)	Lane Swim	Lane Swim
9:30AM							
10:00AM	Deep Water (9:05-9:55)	Lane Swim	Shallow Water (9:05-9:55)	Family/ Open Swim	Shallow Water (9:05-9:55)	Open Swim	Aqua Variety (8:55)
10:30AM							
11:00AM	Lane Swim	Family/ Open Swim	Aqua Healing (10:05-10:55)	Lane Swim	Deep Water (10:05-10:55)	Lane Swim	Lane Swim
11:30AM							
12:00PM	As you choose (12:05-12:55)	JSwim 9:00-1:30					
12:30PM							
1:00PM	Lane Swim	JSwim 9:00-1:30					
1:30PM							
2:00PM							
2:30PM							
3:00PM							
3:30PM							
4:00PM							
4:30PM							
5:00PM	JSwim 4:00-7:30	JSwim 4:00-7:30		JSwim 4:00-7:30	JSwim 3:00-6:30	Lane Swim	Aqua Variety (8:55)
5:30PM							
6:00PM	Staff Training	Staff Training		Lane Swim	Family/ Open Swim	Family Swim & Birthday Parties Bookings	Staff Training
6:30PM							
7:00PM							
7:30PM							
8:00PM							
8:30PM							

**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