

OCTOBER 2025 Pool Schedule

HOT TUB CLOSURES
at 3:00PM every Friday

Monday, October 13 • 8:00AM-3:30PM | Thanksgiving

**October 6
to October 31**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY														
5:30AM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim														
6:00AM								Private Lesson	Private Lesson	Private Lesson	Private Lesson	Private Lesson	Private Lesson								
6:30AM																					
7:00AM																					
7:30AM									Tether (7:35-8:25)		As you choose (7:35-8:25)										
8:00AM								Shallow Water (8:05-8:55)		Deep Water (8:05-8:55)		Tether (8:05-8:55)									
8:30AM												Lane Swim									
9:00AM								Deep Water (9:05-9:55)	Lane Swim	Shallow Water (9:05-9:55)	Lane Swim	Shallow Water (9:05-9:55)	Lane Swim	Lane Swim							
9:30AM																					
10:00AM								Aqua Healing (10:05-10:55)		JSwim - 9:00-12:00		Aqua Healing (10:05-10:55)			JSwim 9:00-12:00	Deep Water (10:05-10:55)	JSwim 9:00-1:30	JSwim 9:00-1:30			
10:30AM																					
11:00AM								Family/ Open Swim								Family/ Open Swim				Family/ Open Swim	
11:30AM																					
12:00PM	As you choose (12:05-12:55)	As you choose (12:05-12:55)	As you choose (12:05-12:55)	As you choose (12:05-12:55)	As you choose (12:05-12:55)																
12:30PM																					
1:00PM	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim														
1:30PM								Family/ Open Swim				KidsR Us				Family/ Open Swim			Family/ Open Swim	Family/ Open Swim	
2:00PM																					
2:30PM																					
3:00PM																					
3:30PM																					
4:00PM								JSwim 4:00-7:30	JSwim 4:00-7:30	JSwim 4:00-7:30	JSwim 4:00-7:30	JSwim 3:00-6:30	Certification Courses (10:00-6:00)	Certification Courses (10:00-6:00)							
4:30PM																					
5:00PM																					
5:30PM																					
6:00PM																					
6:30PM																					
7:00PM																					
7:30PM	Lifesaving JFins Club	JFins Swim Club	Lifesaving JFins Club	JFins Swim Club	Certification Courses (4:30-8:30)	Lane Swim	Lane Swim														
8:00PM		Family/ Open Swim		Family/ Open Swim																	
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 for up-to-date information