

# NOVEMBER 2025 Pool Schedule

**HOT TUB CLOSURES**

at 8:30PM every Monday  
at 5:00PM every Friday

**Tuesday, November 11 • 8:00AM-3:30PM**  
Remembrance Day

**November 1 to 30**

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY					
5:30AM	Lane Swim	Open Swim	5:30AM	Lane Swim	Open Swim	5:30AM	Lane Swim	Open Swim	5:30AM	Lane Swim	Open Swim	5:30AM	Lane Swim	Open Swim			5:30AM	Lane Swim	Open				
6:00AM			6:00AM			6:00AM			6:00AM			6:00AM											
6:30AM			6:30AM			6:30AM			6:30AM			6:30AM											
7:00AM			7:00AM			7:00AM			7:00AM			7:00AM											
7:30AM			7:30AM			7:30AM			7:30AM			7:30AM											
8:00AM		Shallow Water (8:05-8:55)		8:00AM	Tether (7:35-8:25)		8:00AM	Deep Water (8:05-8:55)		8:00AM	As you choose (7:35-8:25)		8:00AM	Tether (8:05-8:55)		Lane Swim	8:00AM	Aqua Variety (8:05-8:50)					
8:30AM				8:30AM			8:30AM			8:30AM			8:30AM			Lane Swim	8:30AM						
9:00AM		Deep Water 9:55 (9:05-9:55)		9:00AM	JSwim - 9:00-12:00		9:00AM	Shallow Water (9:05-9:55)		9:00AM	JSwim 9:00-12:00		9:00AM	Shallow Water (9:05-9:55)		9:00AM	JSwim 8:45-1:30		9:00AM	JSwim 8:45-1:30			
9:30AM				9:30AM					9:30AM				9:30AM			9:30AM							
10:00AM		Aqua Healing (10:05-10:55)		10:00AM			Aqua Healing (10:05-10:55)		10:00AM	Aqua Healing (10:05-10:55)			10:00AM	Deep Water (10:05-10:55)		10:00AM							
10:30AM			10:30AM				10:30AM			10:30AM					10:30AM								
11:00AM	Family/ Open Swim		11:00AM				11:00AM	Family/ Open Swim		11:00AM					11:00AM	Family/ Open Swim			11:00AM				
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	Lane Swim	Family/ Open Swim	1:00PM	Lane Swim	KidsR Us 1:05-2:35 Family/ Open Swim	1:00PM	Lane Swim	Family/ Open Swim	1:00PM	Lane Swim	Family/ Open Swim	1:00PM	Lane Swim	Friday Fun Day & Open Swim	1:00PM	Certification Courses (10:00-6:00) Lane Swim		1:00PM	Certification Courses (10:00-6:00) Lane Swim				
1:30PM			1:30PM			1:30PM			1:30PM			1:30PM											
2:00PM			2:00PM			2:00PM			2:00PM			2:00PM											
2:30PM			2:30PM			2:30PM			2:30PM			2:30PM											
3:00PM			3:00PM			3:00PM			3:00PM			3:00PM											
3:30PM	JSwim 3:45-7:30		3:30PM	JSwim 3:45-7:30		3:30PM	JSwim 3:45-7:30		3:30PM	JSwim 3:45-7:30		3:30PM	JSwim 245-6:30		3:30PM	Certification Courses (10:00-6:00) Lane Swim		3:30PM	Certification Courses (10:00-6:00) Lane Swim				
4:00PM			4:00PM			4:00PM			4:00PM			4:00PM											
4:30PM			4:30PM			4:30PM			4:30PM			4:30PM											
5:00PM			5:00PM			5:00PM			5:00PM			5:00PM											
5:30PM			5:30PM			5:30PM			5:30PM			5:30PM											
6:00PM			6:00PM			6:00PM			6:00PM			6:00PM											
6:30PM			6:30PM			6:30PM			6:30PM			6:30PM											
7:00PM			7:00PM			7:00PM			7:00PM			7:00PM											
7:30PM	Lifesaving JFins Club	Lane Swim	7:30PM	JFins Swim Club	Family/ Open Swim	7:30PM	Lifesaving JFins Club	Lane Swim	7:30PM	JFins Swim Club	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											
8:30PM	Lane Swim		8:30PM	Lane Swim		8:30PM	Lane Swim		8:30PM	Lane Swim		8:30PM			Lane Swim								

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

Schedule subject to change without notice • Please check [calgaryjcc.com/schedules](http://calgaryjcc.com/schedules) for up-to-date information

In accordance with public health regulations, all pool users are required to take a cleansing shower prior to entering the pool