

DECEMBER 2025 Pool Schedule

HOT TUB CLOSES

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

Monday, December 1 • 2:00AM-3:00PM | Day Camps

December 1 to 21

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 Swim
6:00AM			6:00AM			6:00AM			6:00AM			6:00AM						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			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 (8:50)	
8:30AM			8:30AM			8:30AM			8:30AM			8:30AM						8:30AM		
9:00AM	Deep Water (9:05-9:55)	(9:05-9:55)	9:00AM	Lane Swim	JSwim - 9:00-12:00	9:00AM	Shallow Water (9:05-9:55)		9:00AM	Lane Swim	JSwim 9:00-12:00	9:00AM	Shallow Water (9:05-9:55)					9:00AM	JSwim 8:45-1:30	
9:30AM			9:30AM			9:30AM			9:30AM			9:30AM						9:30AM		
10:00AM	Aqua Healing (10:05-10:55)		10:00AM			10:00AM	Aqua Healing (10:05-10:55)		10:00AM			10:00AM	Deep Water (10:05-10:55)					10:00AM		
10:30AM			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		
12:30PM			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	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
1:30PM			1:30PM			1:30PM			1:30PM			1:30PM						1:30PM		
2:00PM			2:00PM			2:00PM			2:00PM			2:00PM						2:00PM		
2:30PM			2:30PM			2:30PM			2:30PM			2:30PM						2:30PM		
3:00PM			3:00PM			3:00PM			3:00PM			3:00PM						3:00PM		
3:30PM	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)	Family Swim & Birthday Parties Bookings
4:00PM			4:00PM			4:00PM			4:00PM			4:00PM						4:00PM		
4:30PM			4:30PM			4:30PM			4:30PM			4:30PM						4:30PM		
5:00PM			5:00PM			5:00PM			5:00PM			5:00PM						5:00PM		
5:30PM			5:30PM			5:30PM			5:30PM			5:30PM						5:30PM		
6:00PM	Lane Swim		6:00PM	Lane Swim		6:00PM	Lane Swim		6:00PM	Lane Swim		6:00PM	Certification Courses (4:30-8:30)					6:00PM	Lane Swim	
6:30PM			6:30PM			6:30PM			6:30PM			6:30PM						6:30PM		
7:00PM			7:00PM			7:00PM			7:00PM			7:00PM						7:00PM		
7:30PM			7:30PM			7:30PM			7:30PM			7:30PM						7:30PM		
8:00PM			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					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