

# JANUARY 2026 Pool Schedule

**HOT TUB CLOSES**  
at 8:30PM every Monday  
at 5:00PM every Friday

January 23 and 30 • 1:00-3:00PM | Day Camps

January 5  
to January 31

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	Lane Swim	5:30AM	Lane Swim											
6:00AM		Operm Swim		6:00AM		Operm Swim		6:00AM		Operm Swim		6:00AM		Operm Swim	6:00AM	Operm Swim	6:00AM	Operm Swim	6:00AM	Operm Swim				
6:30AM		6:30AM		6:30AM		6:30AM		6:30AM		6:30AM		6:30AM		6:30AM	6:30AM	6:30AM	6:30AM	6:30AM	6:30AM	6:30AM				
7:00AM		7:00AM		7:00AM		7:00AM		7:00AM		7:00AM		7:00AM		7:00AM	7:00AM	7:00AM	7:00AM	7:00AM	7:00AM	7:00AM				
7:30AM		7:30AM		7:30AM		7:30AM		7:30AM		7:30AM		7:30AM		7:30AM	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)	8:00AM	Lane Swim	8:00AM	Aqua Variety (8:00-8:50)				
8:30AM		8:30AM		8:30AM		8:30AM		8:30AM		8:30AM		8:30AM		8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	8:30AM				
9:00AM		Deep Water (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		Aqua Healing (10:05-10:55)		9:30AM				9:30AM		9:30AM		Aqua Healing (10:05-10:55)			9:30AM	9:30AM	9:30AM		9:30AM		9:30AM	9:30AM	9:30AM	9:30AM
10:00AM		10:00AM		10:00AM				10:00AM		10:00AM		10:00AM			10:00AM	10:00AM	10:00AM		10:00AM		10:00AM	10:00AM	10:00AM	10:00AM
10:30AM		10:30AM		10:30AM				10:30AM		10:30AM		10:30AM			10:30AM	10:30AM	10:30AM		10:30AM		10:30AM	10:30AM	10:30AM	10:30AM
11:00AM		Family/ Open Swim		11:00AM				11:00AM		11:00AM		Family/ Open Swim			11:00AM	11:00AM	11:00AM		Family/ Open Swim		11:00AM	11:00AM	11:00AM	11:00AM
11:30AM	11:30AM	11:30AM	11:30AM	11:30AM	11:30AM		11:30AM	11:30AM	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	12:00PM		12:00PM									
12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM		12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM	12:30PM		12:30PM									
1:00PM	1:00PM	1:00PM	KidsR Us 1:05-2:35	1:00PM	1:00PM		1:00PM	1:00PM	1:00PM	1:00PM	1:00PM	1:00PM	1:00PM		1:00PM									
1:30PM	1:30PM	1:30PM	1:30PM	1:30PM	1:30PM		1:30PM	1:30PM	1:30PM	1:30PM	1:30PM	1:30PM	1:30PM		1:30PM									
2:00PM	Lane Swim	2:00PM	Lane Swim	2:00PM	Lane Swim		2:00PM	Lane Swim	2:00PM	Lane Swim	2:00PM	2:00PM	2:00PM		2:00PM									
2:30PM	Family/ Open Swim	2:30PM	Family/ Open Swim	2:30PM	Family/ Open Swim		2:30PM	Family/ Open Swim	2:30PM	Family/ Open Swim	2:30PM	2:30PM	2:30PM		2:30PM									
3:00PM	3:00PM	3:00PM	3:00PM	3:00PM	3:00PM	3:00PM	3:00PM	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 2:45-6:30	3:30PM	Certification Courses (10:00-6:00)	3:30PM	Certification Courses (10:00-6:00)											
4:00PM		4:00PM		4:00PM		4:00PM		4:00PM		4:00PM		4:00PM		4:00PM	4:00PM	4:00PM	4:00PM	4:00PM	4:00PM					
4:30PM		4:30PM		4:30PM		4:30PM		4:30PM		4:30PM		4:30PM		4:30PM	4:30PM	4:30PM	4:30PM	4:30PM	4:30PM	4:30PM				
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6:00PM		6:00PM		6:00PM		6:00PM		6:00PM		6:00PM		6:00PM		6:00PM	6:00PM	6:00PM	6:00PM	6:00PM	6:00PM	6:00PM				
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7:00PM		7:00PM		7:00PM		7:00PM		7:00PM		7:00PM		7:00PM		7:00PM	7:00PM	7:00PM	7:00PM	7:00PM	7:00PM	7:00PM				
7:30PM		Lifesaving JFins Club		7:30PM		JFins Swim Club		7:30PM		Lifesaving JFins Club		7:30PM		JFins Swim Club	7:30PM	Certification Courses (4:30-8:30)	7:30PM	Lane Swim	7:30PM	Lane Swim				
8:00PM		Lane Swim		8:00PM		Family/ Open Swim		8:00PM		Lane Swim		8:00PM		Family/ Open Swim	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		8:30PM	8:30PM	8:30PM	8:30PM	8:30PM	8:30PM	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