PAPERNY FAMILY

# DECEMBER 2022 Pool Schedule

### WINTER CAMPS: DECEMBER 28 TO 30 1:00 - 2:30PM | LANES 4 AND 5

# **December 24 to January 2**

	M	ONDAY		Т	UESDAY		WE	DNESDAY	1	ТН	JRSDAY		F	RIDA	Y		SAT	TURDAY		SU	NDAY
5:30AM		-				5:30AM			5:30AM	_		5:30AM				5:30AM			5:30AM		
6:00AM						6:00AM			6:00AM	Lane Swim		6:00AM				6:00AM	ļ		6:00AM		
6:30AM						6:30AM	L	ane Swim	im 6:30AM		Lanc Switt		Ŀ	Lane Swim		6:30AM			6:30AM		
7:00AM			7:00AM			7:00AM			7:00AM			7:00AM				7:00AM			7:00AM		
7:30AM						7:30AM			7:30AM		As you choose (7:35	7:30AM				7:30AM			7:30AM		
8:00AM						8:00AM	Long Curing	Deep Water (8:0	8:00AM		8:25)	8:00AM	- Tether (8:05	. 0.55)	Lane Swim	8:00AM			8:00AM		
8:30AM		Lane Swim	8:30AM		8:30AM	Lane Swim	Deep water (8:0:	8:30AM			8:30AM	Tettiei (0.05-0.:	5-6:55)	.55) Lane Swiin	8:30AM	- Lane Swim	ano Surim	8:30AM	Lane Swim		
9:00AM	1		9:00AM	- -	and Carlin	9:00AM	Chal	llow Water (9:05-9:55)	9:00AM		9:00AM	Lana Guine	Shallow	allow Water (9:05- 9:55)	9:00AM			9:00AM		una Curina	
9:30AM	Ldi		9:30AM		ane Swim	9:30AM	Snar	iow water (9:05-5	9:30AM	La	Lane Swim		Lane Swim		ġ		9:30AM	ane swim		9:30AM	ane swim
10:00AM						10:00AM						10:00AM	Dece Web		(40.05 40.55)	10:00AM			10:00AM		
10:30AM						10:30AM	Aqua	Aqua Healing (10:05-10:55)					Deep Water (10:05-10:55)		10:30AM			10:30AM			
11:00AM		Eamily/Open Swin	11:00AM			11:00AM	Lane	Fami	ily/ 11:00AM			11:00AM	Swim		Family/ Open Swim	11:00AM			11:00AM		
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12:00PM			12:00PM			12:00PM		As you choose (12:05-12:55)				12:00PM			aaaa (13:0F 13:FF)	12:00PM			12:00PM		
12:30PM	<u>.</u>		12:30PM	Lane Swim Family/Open Swin		12:30PM	AS YC	iu choose (12:05-1	12:30PM	As you Choose (12:15-1:05)		12:30PM	As you choose (12:05-12:55)	12:30PM			12:30PM				
1:00PM	e Sw		1:00PM			1:00PM			1:00PM	AS YOU	Choose (12:15-1:05)	1:00PM				1:00PM	Lane Swim	Family/Open Swin	1:00PM	Lane Swim	Family/Open Swin
1:30PM	Lan		1:30PM		1:30PM	Lane Swim	im Wint	er 1:30PM	Long Guing		1:30PM	Lane Swim		Winter Com	1:30PM			1:30PM			
2:00PM			2:00PM			2:00PM		Cam	DS 2:00PM	Lane Swim	n Winter Camp	2:00PM		ľ	Winter Camps	2:00PM			2:00PM	1	
2:30PM						2:30PM			2:30PM			2:30PM				2:30PM			2:30PM		
3:00PM							- - - Water Trampoline -		3:00PM	- - - Water Trampolin - -		3:00PM			oline	3:00PM			3:00PM		
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## Note: Aquafit classes with less than 12 participants will have 3 lanes, and 4 lanes with 12+ 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 our website at calgaryjcc.com/schedules for up-to-date information