



Canyon Meadows Aquatic & Fitness Centre

89 Canova Road S.W.
 April 1—June 30, 2024

Main Pool - Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 8 a.m.	Conditioning Swim 6:05 - 7:05 a.m.	Lane Swim 6 - 8 a.m.	Conditioning Swim 6:05 - 7:05 a.m.	Lane Swim 6 - 8 a.m.		
	Lane Swim Shared 6 - 8 a.m.		Lane Swim Shared 6 - 8 a.m.			
Aqua Fitness 8:05 - 9 a.m.	Lane Walking 8 - 9 a.m.	Aqua Fitness 8:05 - 9 a.m.	Lane Walking 8 - 9 a.m.	Aqua Fitness 8:05 - 9 a.m.	Reserved for Swim Club 8:30 - 10 a.m.	Lane Swim 7:30 - 9:30 a.m.
* School Board Lessons 9 a.m. - 12 p.m. * Check the website for the most current schedule week to week * calgary.ca/CanyonMeadowsPool					Swim Lessons 10 a.m. - 12:30 p.m.	Lane Swim 7:30 - 9:30 a.m.
						Public Swim 9:30 - 11:30 a.m.
Lane Swim 12 - 1 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12:30 - 2 p.m.	Lane Swim 11:30 - 1:30 p.m.
Aqua Fitness 1:05 - 2 p.m.		Lane Walking 1 - 2 p.m.		Lane Walking 1 - 2 p.m.		
Public Swim 2 - 4 p.m.	Lane Swim 2 - 4 p.m.	Public Swim 2 - 4 p.m.	Lane Swim 2 - 4 p.m.	Public Swim 2 - 4 p.m.	Public Swim Shared 2 - 3:30 p.m.	Swimming Lessons 1:30 - 3:30 p.m. Hot Tub Closes at 2 p.m. on Sundays.
Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Schedule Subject to Change.  Visit calgary.ca/CanyonMeadowsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.	
Swim Lessons 6 - 9 p.m.	Reserved for Swim Club 6 - 8 p.m.	Swim Lessons 6 - 8 p.m.	Reserved for Swim Club 6 - 7 p.m.	Junior Lifeguard Club 6 - 7:30 p.m.		
			Swim Lessons 7 - 8 p.m.			
Lane Swim 9 - 10 p.m.	Lane Swim 8 - 10 p.m.	Lane Swim 8 - 10 p.m.	Lane Swim 8 - 10 p.m.	Lane Swim 7:30 - 9 p.m.		



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Dive Tank & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dive Tank Open 6 - 7 a.m.	Deep Water Workout 6:10 - 7a.m.	Dive Tank Open 6 - 7 a.m.	Deep Water Workout 6:10 - 7a.m.	Dive Tank Open 6 - 7 a.m.	<p>* Self Led Dive Tank - means self-led exercise and swimming.</p> <p>* Dive Tank Open - the Diving Board and Slide are MAY NOT BE OPEN at these times, check with the staff.</p> <p>*** the Hot Tub Closes at 2 p.m. on Sundays.</p>	
Deep Water Workout 7 - 7:55 a.m.	Deep Water Workout 7:10 - 8 a.m.	Deep Water Workout 7 - 7:55 a.m.	Deep Water Workout 7:10 - 8 a.m.	Deep Water Workout 7 - 7:55 a.m.		
Dive Tank Open 8 - 9 a.m.	Deep Water Workout 8:10 - 9 a.m.	Dive Tank Open 8 - 9 a.m.	Deep Water Workout 8:10 - 9 a.m.	Dive Tank Open 8 - 9 a.m.	Deep Water Workout 7:35 - 8:30 a.m.	Deep Water Workout 7:35 - 8:30 a.m.
<p>* School Board Lessons 9 a.m. - 12 p.m. *</p> <p>Check the website for the most current schedule week to week * calgary.ca/CanyonMeadowsPool</p>					Reserved for Swim Club 8:30 - 10 a.m.	Deep Water Workout 8:35 - 9:30 a.m.
					Swim Lessons 10 a.m. - 12:30 p.m.	Public Swim 9:30 - 11:30 a.m.
Deep Water Workout 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m.	Self-Led Dive Tank 11:30 - 1:30 p.m.	
Self-Led Dive Tank 1 - 2 p.m.	Self-Led Dive Tank 1 - 2:30 p.m.	Self-Led Dive Tank 1 - 2 p.m.	Self-Led Dive Tank 1 - 2:30 p.m.	Self-Led Dive Tank 1 - 2 p.m.	Self-Led Dive Tank 12:30 - 2 p.m.	
Public Swim 2 - 4 p.m.	Dive Tank Open 2:30 - 4 p.m.	Public Swim 2 - 4 p.m.	Dive Tank Open 2:30 - 4 p.m.	Public Swim 2 - 4 p.m.	Public Swim Shared 2 - 3:30 p.m.	Swimming Lesson 1:30 - 3:30 p.m.
Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	Reserved for Swim Club 4 - 6 p.m.	<p>Schedule Subject to Change.</p>  <p>Visit calgary.ca/CanyonMeadowsPool for the latest facility schedules, hours of operation, admission rates and</p>	
Swim Lessons 6 - 9 p.m.	Deep Water Workout 6 - 7 p.m.	Swim Lessons 6 - 8 p.m.	Deep Water Workout 6 - 7 p.m.	Junior Lifeguard Club 6 - 7:30 p.m.		
			Swim Lessons 7 - 8 p.m.			
Dive Tank Open 9 - 10 p.m.	Dive Tank Open 7 - 10 p.m.	Dive Tank Open 8 - 10 p.m.	Dive Tank Open 8 - 10 p.m.	Dive Tank Open 7:30 - 9 p.m.		



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Drop in Aquatic & Dryland Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
New Pure Cycle 7:10 – 8:00 a.m.	Conditioning Swim 6:05 - 7:05 a.m.		Conditioning Swim 6:05 - 7:05 a.m.			
Deep Water Workout 7:00-7:55 a.m.	Deep Water Workout 6:10 - 7:00 a.m.	Deep Water Workout 7:00-7:55 a.m.	Deep Water Workout 6:10 - 7:00 a.m.	Deep Water Workout 7:00-7:55 a.m.	Deep Water Workout 7:35 - 8:30 a.m.	Deep Water Workout 7:35 - 8:30 a.m.
Aqua Fitness 8:05 - 9 a.m.	Deep Water Workout 7:10 - 8 a.m.	Aqua Fitness 8:05 - 9 a.m.	Deep Water Workout 7:10 - 8 a.m.			Deep Water Workout 8:35 - 9:30 a.m.
	Deep Water Workout 8:10 - 9 a.m.	50+ Strength & Stretch (Gentle 3) 8:15 - 9:15 a.m. FR	Deep Water Workout 8:10 - 9 a.m.	Aqua Fitness 8:05 - 9 a.m.		
Stretch & Restore 9:15 -10:15 a.m. MPR	Stretch & Restore 9:15 -10:15 a.m. MPR	Yoga* 9:15 -10:15 a.m. MPR	Mind, Body, Flow* 8:30 - 9:30 a.m. MPR	Cycle Pump 8:30 - 9:30 a.m. FR		
Total Body Workout 9:15 - 10:15 a.m. FR	Cardio Pump 9:15 - 10:15 a.m. FR	Ever Active (Gentle 3) 9:30 - 10:30 a.m. FR	Total Body Workout 9:45 - 10:45 a.m. FR (No class Feb 1, Mar 7)	Cardio & Strength Intervals 9:45 -10:45 a.m. FR	<p>Schedule Subject to Change.</p>  <p>Visit calgary.ca/CanyonMeadowsPool for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> <p>Please check-in with Cashiers to obtain a wristband.</p> <p>FR = Fitness Room MPR = Multi-Purpose Room</p> <p>* Must bring your own yoga mat</p>	
Yoga* 10:30 - 11:30 a.m. MPR	Zumba 10:30 - 11:30 a.m. FR	Mind, Body, Flow 10:45 - 11:45 a.m. MPR		Stretch & Restore 10:55 -11:45 a.m. MPR		
Deep Water Workout 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m.	Deep Water Workout 12 - 1 p.m.		
Aqua Fitness 1:05 - 2 p.m.		New Cycle Pump 12 -1 p.m. FR		New Yoga* 12:15 - 1:15 p.m. FR		
	50+ Fitness (Gentle 3) 1:05 - 2:05 p.m. FR	Balance & Strength (Gentle 2) 1:15 - 2:15 p.m. FR				
Yoga* 6:25 - 7:25 p.m. FR	Deep Water Workout 6 - 7 p.m.		Deep Water Workout 6 - 7 p.m.			