



Sir Winston Churchill Aquatic Centre

1520 Northmount Dr NW.

April 1 - June 30, 2024

Drop-In Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 8 a.m.	Reserved for Booking 6 - 7:30 a.m.	Lane Swim 6 - 9 a.m.	Reserved for Booking 6 - 7:30 a.m.	Lane Swim 6 - 8 a.m.	Facility Opens @ 7:30 a.m.	
Self - Led Dive Tank 6 - 7 a.m.	Self - Led Dive Tank 6 - 7 a.m.		Self - Led Dive Tank 6 - 7 a.m.			
Deep Water Workout 7 - 8 a.m.	Deep Water Workout 7 - 8 a.m.	Self - Led Dive Tank 6 - 8 a.m.	Deep Water Workout 7 - 8 a.m.	Self - Led Dive Tank 6 - 9 a.m.	Hot Tub Closes @ 1:30 p.m.	
Aqua Fitness 8 - 8:55 a.m.	Lane Swim / Lane Walking 7:30 - 9 a.m.		Lane Swim / Lane Walking 7:30 - 9 a.m.		Aqua Fitness 8 - 8:55 a.m.	Lane Swim 7:30 - 9 a.m.
Self - Led Dive Tank 8 - 9 a.m.	Self - Led Dive Tank 8 - 9 a.m.	Deep Water Workout 8 - 8:55 a.m.	Self - Led Dive Tank 8 - 9 a.m.	Swimming Lessons 9 a.m. - 12 p.m.		Self - Led Dive Tank 7:30 - 9 a.m.
Reserved for School Lessons 9 a.m. - 12 p.m.					Lane Swim Shared 9:30 - 12 p.m.	Aqua Fitness 8:30 - 9:30 a.m.
Lane Swim/Lane Walking Shared 12 - 1 p.m.	Aqua Fitness 12 - 1 p.m.	Lane Swim/Lane Walking Shared 12 - 1 p.m.	Aqua Fitness 12 - 1 p.m.	Lane Swim/Lane Walking Shared 12 - 1 p.m.		Deep Water Workout 9:30 - 10:30 a.m.
Tethered Deep Water (Registered) 12 - 1 p.m.	Self - Led Dive Tank 12 - 1 p.m.	Tethered Deep Water (Registered) 12 - 1 p.m.	Self - Led Dive Tank 12 - 1 p.m.	Tethered Deep Water (Registered) 12 - 1 p.m.	Public Swim 12 - 2:30 p.m.	Self - Led Dive Tank 10:30 a.m. - 11 p.m.
Reserved for School Lessons 1 - 3 p.m.						Public Swim 12 - 2:30 p.m.
Public Swim/ Lane Swim Shared 3 - 4 p.m.	Public Swim/ Lane Swim Shared 3 - 4 p.m.	Public Swim/ Lane Swim Shared 3 - 4 p.m.	Public Swim/ Lane Swim Shared 3 - 4 p.m.	Public Swim 3 - 4 p.m.	Adult / Youth Lane Swim 2:30 - 3:30 p.m.	Adult / Youth Lane Swim 2:30 - 3:30 p.m.
	Deep Water Workout 3 - 4 p.m.			Deep Water Workout 4 - 5 p.m.		
Main Pool Reserved Booking 4 - 6 p.m.	Main Pool & Dive Tank Reserved for Booking 4 - 6 p.m.	Main Pool & Dive Tank Reserved for Booking 4 - 6 p.m.	Main Pool & Dive Tank Reserved for Booking 4 - 6 p.m.	Main Pool Reserved Booking 4 - 6 p.m.	Self - Led Dive Tank 2:30 - 3:30 p.m.	Self - Led Dive Tank 2:30 - 3:30 p.m.
Self - Led Dive Tank 4 - 5 p.m.				Self - Led Dive Tank 5 - 6 p.m.		
Deep Water Workout 5 - 6 p.m.	Swimming Lessons 6 - 9 p.m.	Junior Lifesaving Club/ Swimming Lessons 6 - 7:30 p.m.	Swimming Lessons 6 - 9 p.m.	Junior Lifesaving Club 6 - 7:30 p.m.	Schedule Subject to Change.	
Swimming Lessons 6 - 9 p.m.				Public Swim 7:30 - 8:30 p.m.		
Adult/Youth Lane Swim 9 - 10 p.m.	Adult/Youth Lane Swim 9 - 10 p.m.	Adult/Youth Lane Swim 7:30 - 10 p.m.	Adult/Youth Lane Swim 9 - 10 p.m.	Adult/Youth Lane Swim 8:30 - 9:30 p.m.	Please visit calgary.ca/ChurchillPool for the latest schedules, admission rates and class descriptions	
Self - Led Dive Tank 9 - 10 p.m.	Self - Led Dive Tank 9 - 10 p.m.	Self - Led Dive Tank 7:30 - 10 p.m.	Self - Led Dive Tank 9 - 10 p.m.	Self - Led Dive Tank 8:30 - 9:30 p.m.		



Please visit calgary.ca/ChurchillPool for the latest schedules, admission rates and class descriptions



Dry Land Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Tae Kwon Do – Kids (6 -9 yrs) 10-10:45 a.m. (Registered) Alex	
	Cardio Strength Intervals 8:30 - 9:30 a.m. Carolyn		Momentum 8:05 - 8:55 a.m. Rahmi		Tae Kwon Do – Kids (10 -12 yrs) 10:50-11:50 a.m. (Registered) Alex	
Total Body Workout 9 - 10 a.m. Julie		Mind Body Flow * 9 - 10 a.m. Bonita	Zumba Gold® (Gentle 3) 9:05 - 10:05 a.m. Rahmi	Cardio Strength Intervals 9 - 10 a.m. Julie	Kung Fu –Kids (6 - 9 yrs) 12 - 12:45 p.m. (Registered) Daniel	Step Pump 9 - 10 a.m. Carolyn
50+ Fitness (Gentle 3) 10:05 - 11 a.m. Bonita	50+ Fitness (Gentle 3) (Registered) 10:45 - 11:45 a.m. Judi	50+ Fitness (Gentle 3) 10:05 - 11 a.m. Bonita	Mind Body Flow * 10:15 - 11:15 a.m. Rahmi		Kung Fu –Kids (10 - 12 yrs) 12:50-1:50 p.m. (Registered) Daniel	
	Balance & Strength (Gentle 2) 12 - 12:55 p.m. Naz	ACE (Registered) 11:30 a.m. - 12:30 p.m. Wendy A	Balance & Strength (Gentle 2) MPA 10:40 - 11:35 a.m. Naz	ACE (Registered) 11:30 a.m. - 12:30 p.m. Sukhwinder	Zumba® 1 - 2 pm Hiroe	
Mind Body Flow* 1:10 - 2 p.m. Carolyn	Stretch & Restore * 1 - 1:55 p.m. Naz	ACE (Registered) 12:45 - 1:45 p.m. Wendy A	Total Body Workout 11:40 a.m. - 12:40 p.m. Naz	ACE (Registered) 12:45 - 1:45 p.m. Sukhwinder	Weight Room Orientation (Registered) 1 - 2 p.m. Sukhwinder	
Bone Builders (Gentle 3) (Registered) 2:15 - 3:15 p.m. Judi	Zumba Gold® (Gentle 3) 2:45 - 3:35 p.m. Rahmi	Bone Builders (Gentle 3) (Registered) 2:15 - 3:15 p.m. Judi	Stretch & Restore 12:45 -1:45 pm Naz		<p>Schedule Subject to Change.</p>  <p>Please visit calgary.ca/ChurchillPool for the latest schedules, admission rates and class descriptions.</p> <p>* Must bring your own mat</p>	
	Mind Body Flow * 3:40 - 4:30 p.m. Rahmi	Balance & Strength (Gentle 2) MPA 1:10 - 2:10 p.m. Carolyn		Dance Yourself Fit 2– 3 p.m. Cori Ann		
	Sweat & Restore* 4:45 - 5:45 p.m. Judi					
Core Conditioning 6 - 7 p.m. Julie						
Pilates for Beginners * 7:30 - 8:30 p.m. (Registered) Wendy A.		Total Body Workout 6 - 7 p.m. Julie	Pure Strength 6:15 - 7:15 p.m. (Registered) Marie			