




# Thornhill Aquatic & Recreation Centre

6715 Centre Street N.W.


April 1 - June 30, 2024

## Swimming & Aquatic Fitness Schedule

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday                                       | Saturday  | Sunday   |
|--|--|--|--|--|---|--|
| Lane Swim/<br>Walk<br>6 - 8 a.m.   | Lane Swim/<br>Walk<br>6 - 9 a.m.   | Lane Swim/<br>Walk<br>6 - 8 a.m.                     | Lane Swim/<br>Walk<br>6 - 9 a.m.   | Lane Swim/<br>Walk<br>6 - 8 a.m.             | <b>Reserved for<br/>Swim Club</b><br>7:30 - 9 a.m.  | Lane Swim/<br>Walk<br>7:30 - 8 a.m.                    |
| Aqua Fitness<br>8 - 9 a.m.<br>Bonita   |  | Aqua Fitness<br>8 - 9 a.m.<br>Julie H                |  | Aqua Fitness<br>8 - 9 a.m.<br>Navin          |   | Aqua Fitness<br>9:05 - 10 a.m.<br>Lorraine / Jane      |
| <b>Reserved for School Lessons 9 a.m. - 12 p.m.</b><br>Additional swim times may be available. Please check <a href="http://calgary.ca/ThornhillPool">calgary.ca/ThornhillPool</a> |  |  |  |  | <b>Swimming<br/>Lessons</b><br>10 a.m. - 1 p.m.   | <b>Aqua Fitness</b><br>8 - 8:55 a.m.<br>Julie L / Lynn |
| Lane Swim/<br>Walk<br>12 - 1 p.m.  | Aqua Fitness<br>12 - 1 p.m.<br>Bonita  | Lane Swim/<br>Walk<br>12 - 1 p.m.                    | Aqua Fitness<br>12 - 1 p.m.<br>Bonita  | Lane Swim/<br>Walk<br>12 - 1 p.m.            | Deep Water<br>Workout<br>12 - 1 p.m.<br>Lorraine /<br>Mary Lou  | <b>Swimming<br/>Lessons</b><br>9 a.m. - 1 p.m.         |
|  | Deep Water<br>Workout<br>12 - 1 p.m.<br>Jody   |  | Deep Water<br>Workout<br>12 - 1 p.m.<br>Mary Lou                                   |  | Family Swim/<br>Shared<br>12 - 1 p.m.   |  |
| <b>Reserved for School Lessons 1 - 3 p.m.</b><br>Additional swim times may be available. Please check <a href="http://calgary.ca/ThornhillPool">calgary.ca/ThornhillPool</a>       |  |  |  |  | Public Swim<br>1 - 2:30 p.m.  | Public Swim<br>1 - 2:30 p.m.                           |
| Deep Water<br>Workout<br>3 - 4 p.m.<br>Jody  | Public Swim<br>3 - 4:30 p.m.   | Deep Water<br>Workout<br>3 - 4 p.m.<br>Dawn          | Public Swim<br>3 - 4:30 p.m.   | Public Swim<br>3 - 4 p.m.                    | Lane Swim<br>Shared<br>2:30 - 3:30 p.m.   | Lane Swim<br>Shared<br>2:30 - 3:30 p.m.                |
| Public Swim<br>3 - 4 p.m.  |  | Public Swim<br>3 - 4 p.m.                            |  |  |   |  |
| <b>Reserved for Swim Club 4 - 6 p.m.</b>   |  |  |  |  | <b>Schedule Subject to Change.</b><br><br>Visit <a href="http://calgary.ca/ThornhillPool">calgary.ca/ThornhillPool</a><br>for the latest facility schedules,<br>hours of operation, admission rates<br>and to sign up for instructor-led<br>classes. |  |
| Deep Water<br>Workout<br>4:50 - 5:50 p.m.<br>Jody  |  | Deep Water<br>Workout<br>4:50 - 5:50 p.m.<br>Carolyn | <b>Hot Tub Closed</b><br>8 - 10 p.m.   |  |   |  |
| <b>Swimming<br/>Lessons</b><br>6 - 9 p.m.  | <b>Swimming<br/>Lessons</b><br>6 - 8 p.m.  | <b>Swimming<br/>Lessons</b><br>6 - 9 p.m.            | <b>Swimming<br/>Lessons</b><br>6 - 8 p.m.  | JLC Program<br>(Registered)<br>6 - 7:30 p.m. |   |  |
|  | <b>Tethered Deep<br/>Water Workout</b><br>(Registered)<br>7:45 - 8:45 p.m.<br>Mary Lou |  | <b>Tethered Deep<br/>Water Workout</b><br>(Registered)<br>7:45 - 8:45 p.m.<br>Jane | Public Swim<br>7:30 - 8:30 p.m.              |   |  |
| Adult Only<br>Lane swim<br>9 - 10 p.m.   | Adult Only<br>Lane Swim<br>8 - 10 p.m.   | Adult Only<br>Lane Swim<br>9 - 10 p.m.               | Adult Only<br>Lane Swim<br>8 - 10 p.m.   | Adult Only<br>Lane Swim<br>8:30 - 9:30 p.m.  |   |  |



## Dry Land Fitness, Yoga, Pilates & Martial Arts Schedule

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  | Sunday   |
|---|---|--|--|---|---|--|
|   | <b>Total Body Workout</b><br>6:10 - 7 a.m.<br>Liette            |  | <b>Total Body Workout</b><br>6:10 - 7 a.m.<br>Liette                                 |   |   |  |
| <b>Total Body Workout</b><br>9:15 - 10:15 a.m.<br>Wendy                 | <b>Cardio Pump</b><br>9:15 - 10:15 a.m.<br>Karen                | <b>Total Body Workout</b><br>9:15 - 10:15 a.m.<br>Julie H          | <b>Cardio Pump</b><br>9:15 - 10:15 a.m.<br>Carolyn                                   | <b>Total Body Workout</b><br>9:15 - 10:15 a.m.<br>Brandi                  | <b>Karate Continuing - Youth &amp; Adult (Registered)</b><br>8 - 9 a.m.<br>Heather  | <b>Step Pump</b><br>9 - 10 a.m.<br>Kordi   |
| <b>Balance &amp; Strength (Gentle 2)</b><br>10:40 - 11:30 a.m.<br>Wendy | <b>Pilates *</b><br>10:30 - 11:30 a.m.<br>(Registered)<br>Wendy |  | <b>Yoga for Healthy Backs *</b><br>9:30 - 10:30 a.m.<br>(Registered)<br>Agatha       | <b>Balance &amp; Strength (Gentle 2)</b><br>10:40 - 11:30 a.m.<br>Bonita  | <b>Total Body Workout</b><br>9:15 - 10:15 a.m.<br>Kordi / Marie   | <b>Mind Body Flow *</b><br>10:30 - 11:30 a.m.<br>Dawn  |
|   | <b>50+ Fitness (Gentle 3)</b><br>11 - 11:50 a.m.<br>Bonita      |  | <b>50+ Fitness (Gentle 3)</b><br>11 - 11:50 a.m.<br>Bonita                           |   | <b>Mind Body Flow *</b><br>10:30 - 11:30 a.m.<br>Lorraine<br>Every 2nd week   |  |
| <b>Cardio &amp; Strength Intervals</b><br>12 - 12:55 p.m.<br>Wendy      |   |  | <b>NEW! Parent &amp; Baby - Strong</b><br>12:45 - 1:45 p.m.<br>(Registered)<br>Rahmi |   | <b>50+ Fitness (Gentle 3)</b><br>12 - 1 p.m.<br>Khusbu  | <b>Zumba</b><br>1 - 2 p.m.<br>Rahmi  |
| <b>50+ Fitness (Gentle 3)</b><br>1:10 - 2 p.m.<br>Pat                   |   | <b>Balance &amp; Strength (Gentle 2)</b><br>1:10 - 2 p.m.<br>Elise | <b>Zumba Gold® (Gentle 3)</b><br>2 - 3 p.m.<br>Rahmi                                 |   |   | <b>Self Defence Workshop (registered)</b><br>12:30 - 3:30 p.m.<br><b>April 28</b><br>Heather |
|   | <b>Private Booking</b><br>4:30 - 4:50 p.m.                      |  | <b>Private Booking</b><br>4:30 - 4:50 p.m.   |   | <b>Schedule Subject to Change.</b>  |  |
| <b>Step</b><br>5 - 6 p.m.<br>Sari / Kordi                               | <b>Pure Strength (Registered)</b><br>5 - 6 p.m.<br>Marie        | <b>Cardio &amp; Strength Intervals</b><br>5 - 6 p.m.<br>Sari       | <b>Mind Body Flow *</b><br>5 - 6 p.m.<br>Dawn  | <b>Total Body Workout</b><br>4:30 - 5:30 p.m.<br>Sari                     |  <p>Visit <a href="http://calgary.ca/ThornhillPool">calgary.ca/ThornhillPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for Instructor-led classes.</p> |  |
| <b>Karate - Kids (Registered)</b><br>5 - 6 p.m.<br>Heather              | <b>Cardio Kickboxing</b><br>6:15 - 7:15 p.m.<br>Marie           | <b>Tai Chi (Registered)</b><br>6:15 - 7:15 p.m.<br>Yan             | <b>Step Pump</b><br>6:15 - 7:15 p.m.<br>Sari   | <b>Kickboxing - Youth &amp; Adult (Registered)</b><br>6 - 7 p.m.<br>Chuck |   |  |
| <b>Karate - Kids (Registered)</b><br>6:15 - 7:15 p.m.<br>Heather        | <b>Barre</b><br>7:30 - 8:30 p.m.<br>(Registered)<br>Marie       |  | <b>Pilates *</b><br>(Registered)<br>7:30 - 8:30 p.m.<br>Wendy                        |   |   |  |
|   | <b>Yoga *</b><br>(Registered)<br>7:30 - 9 p.m.<br>Claudia       |  |  |   |   |  |
|   |   |  |  |   |   |  |

\* Must bring your own yoga mat