




# Village Square Leisure Centre

2623 56 Street N.E.

June 3 - June 30, 2024

## Swimming Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>ONLINE RESERVATION</b>  <b>Step 1</b>            Go to <a href="http://calgary.ca/liveandplay">calgary.ca/liveandplay</a> and click logon, or if you are first time user, click, create an account.</p> <p><b>Step 2</b>            Click on Drop-in Activities from the top left menu.</p> <p><b>Step 3</b>            Select your drop-in activity schedule of choice. (Aquatic; Fitness &amp; Wellness; Preschool; Skating &amp; Shiny; Sports), for your appointment.</p> <p><b>Step 4</b>            From the participant drop down menu, select the correct member.</p> <p><b>Step 5</b>            Select your class name, date and time and click <u>Book Now</u>. This will add the appointment to your basket.</p> <p><b>Step 6</b>            Once you are ready to complete your appointment, click <u>Checkout</u>. If there are items that require payment, a payment window will open.</p> <p><b>PHONE RESERVATION</b>            To reserve by phone, call <b>403-268-3800</b> during the following time: <u>Monday to Friday - 8:30 a.m. - 4 p.m.</u>            Please note that we are experiencing high call volumes, which is increasing the wait times on the phones. We are working quickly to serve you and we appreciate your patience.</p>					<p><b>Public Swim - Waves &amp; No Dive Tank</b> 10 a.m. - 12 p.m.</p>	<p><b>Swimming Lessons</b> 10 a.m. - 1:15 p.m.</p>
				<p><b>Public Swim - Waves &amp; No Dive Tank</b> 12 - 3 p.m.</p>	<p><b>Public Swim - Waves &amp; Dive Tank</b> 12 - 6 p.m.</p>	
<p><b>Public Swim - No Waves &amp; No Dive Tank</b> 1 - 3 p.m.</p>	<p><b>Public Swim - Waves &amp; No Dive Tank</b> 1 - 4 p.m.</p>	<p><b>Public Swim - No Waves &amp; No Dive Tank</b> 1 - 3 p.m.</p>	<p><b>Public Swim - Waves &amp; No Dive Tank</b> 1 - 4 :45 p.m.</p>		<p><b>Public Swim - Waves &amp; Dive Tank</b> 12 - 6 p.m.</p>	<p><b>Public Swim - Waves &amp; Dive Tank</b> 1:15 - 6 p.m.</p>
<p><b>Aqua Fitness</b> 1:05 - 1:55 p.m. Ends: June 17</p>		<p><b>Aqua Fitness</b> 1:05 - 1:55 p.m. Ends: June 19</p>				
<p><b>Deep Water Workout</b> 2:05 - 2:55 p.m. Ends: June 17</p>	<p><b>Public Swim - Waves &amp; Dive Tank</b> 4 - 9 p.m.</p>	<p><b>Deep Water Workout</b> 2:05 - 2:55 p.m. Ends: June 19</p>	<p><b>Swimming Lessons</b> 5 - 8 p.m.</p>	<p><b>Public Swim - Waves &amp; Dive Tank</b> 3 - 8 p.m.</p>	<p><b>Schedule Subject to Change</b></p>  <p>Visit <a href="http://calgary.ca/VillageSquare">calgary.ca/VillageSquare</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p>	
<p><b>Public Swim - Waves &amp; No Dive Tank</b> 3 - 4 p.m.</p>		<p><b>Public Swim - Waves &amp; No Dive Tank</b> 3 - 4 p.m.</p>				
<p><b>Public Swim - Waves &amp; Dive Tank</b> 4 - 9 p.m.</p>		<p><b>Public Swim - Waves &amp; Dive Tank</b> 4 - 9 p.m.</p>				



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
<b>Dance Yourself Fit</b> 9:40 - 10:30 a.m. Chantel			<b>50+ Strength &amp; Stretch (Gentle 3)</b> 9:15 - 10:15 a.m. Ka-Lee	<b>NEW! Mind-Body Flow*</b> 9:15 - 10:15 a.m. Cori Ann (Starts May 10)		<b>NEW! Karate - Kids (Registered)</b> 9:30 - 10:15 a.m. Barry		
<b>Mind-Body Flow*</b> 10:10 - 11 a.m. Rosemarie	<b>Living Healthy - Get Going (Gentle 2)</b> 10 - 10:50 a.m. Diana	<b>Living Healthy - Get Going (Gentle 2)</b> 10 - 10:50 a.m. Diana	<b>50+ Fitness (Gentle 3)</b> 10:25 - 11:20 a.m. Ka-Lee	<b>NEW! Dance Yourself Fit</b> 10:25 - 11:15 a.m. Cori Ann (Starts May 10)	<b>Kung Fu - Kids (Registered)</b> 9:30 - 10:15 a.m. Greg	<b>NEW! Karate - Kids (Registered)</b> 10:30 - 11:30 a.m. Barry		
<b>Drum Fitness</b> 11:10 - 12 p.m. Carlos	<b>Stretch &amp; Restore</b> 11 - 12 p.m. Diana	<b>Core Conditioning</b> 11 - 12 p.m. Diana	<b>Drum Fitness</b> 12:10 - 1 p.m. Carlos		<b>Kung Fu - All Ages (Registered)</b> 10:30 - 11:30 a.m. Greg			
	<b>Floor Curling</b> 1:15 - 2 p.m. Carla		<b>NEW! Abs &amp; Arms (Registered)</b> 12:15 - 1 p.m. TBD					
<b>Sit Fit (Gentle 1)</b> 1:30 - 2:20 p.m. Wendy	<b>NEW! NIA: Holistic Mindful Movement (Registered)</b> 1:30 - 2:30 p.m. Tina		<b>Balance &amp; Strength (Gentle 2)</b> 1:10 - 2 p.m. Carlos					
<b>NEW! Total Body Workout</b> 2:30 - 3:20 p.m. Wendy					<p><b>Schedule Subject to Change</b></p>  <p>Visit <a href="http://calgary.ca/VillageSquare">calgary.ca/VillageSquare</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p> <p><b>* Must bring your own yoga mat</b></p>			
		<b>NEW! Karate —Kids (Registered)</b> 5:35 - 6:20 p.m. Daylen		<b>NEW! Zumba</b> 5:30 - 6:20 p.m. Chantel				
<b>NEW! Taekwondo (Registered)</b> 6:30 - 7:15 p.m. Marcelleo		<b>NEW! Karate—Continuing (Registered)</b> 6:30 - 7:30 p.m. Daylen	<b>Kickboxing (Registered)</b> 6 - 7 p.m. Chuck					
<b>NEW! Mindfulness Workshop (Registered)</b> 6 - 9 p.m. (May 27)	<b>Today Body Workout</b> 5:30 - 6:30 p.m. Ka-lee		<b>Total Body Workout</b> 5:30 - 6:30 p.m. Ka-lee					
<b>NEW! Mindfulness Practice (Registered)</b> 7 - 8 p.m. (June)	<b>Hapkido (Registered)</b> 6:45 - 8 p.m. Jeremy		<b>Hapkido (Registered)</b> 6:45 - 8 p.m. Jeremy					
<b>Adapted Fitness (Registered) - Programs Start April 1, 2024</b>								
10 - 12 p.m. Debbie	10 - 12 p.m. Maggie	10 - 12 p.m. Carlos	10 - 12 p.m. Maggie					
12 - 2 p.m. Debbie	12 - 2 p.m. Maggie	12 - 2 p.m. Carlos	12 - 2 p.m. Maggie	12 - 2 p.m. Carlos/Maggie				