

## Drop-In Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Lane Swim</b> 6 - 7 a.m.  <b>Deep Water Workout</b> 7 - 8 a.m.  <b>Aqua Fitness</b> 8 - 9 a.m.  <b>Aqua - H.E.A.T Registered</b> 9 - 10 a.m.  <b>Aqua - H.E.A.T Registered</b> 10 - 11 a.m.  <b>Lane Swim Shared</b> 9:30 - 10:30  <b>Lane Swim</b> 10:30 - 1 p.m.		<b>Lane Swim</b> 6 - 7 a.m.  <b>Deep Water Workout</b> 7 - 8 a.m.  <b>Aqua Fitness</b> 8 - 9 a.m.  <b>Aqua - H.E.A.T Registered</b> 9 - 10 a.m.  <b>Lane swim Shared</b> 9:30 - 10:30 a.m.  <b>Lane Swim</b> 10:30 - 1 p.m.	<p><b>Dive Tank Availability:</b></p> <p><b>Wednesday</b> 5 - 6 p.m.</p> <p><b>Tot Pool Hours</b> An opportunity for patrons and their toddlers to play and learn while enjoying a separate shallow water basin suited to younger children.</p> <p><b>Monday</b> 1 - 9 p.m.</p> <p><b>Tuesday</b> 6 a.m. - 9 p.m.</p> <p><b>Wednesday</b> 1 - 9 p.m.</p> <p><b>Thursday</b> 6 a.m. - 9 p.m.</p>		
<b>Lane Swim</b> 1 - 4 p.m.	<b>Lane Walking</b> 1 - 2 p.m.  <b>Lane Swim</b> 2 - 4 p.m.	<b>Lane Swim</b> 1 - 4 p.m.	<b>Lane Walking</b> 1 - 2 p.m.  <b>Lane Swim</b> 2 - 4 p.m.			
<b>Reserved for Swim Club</b> 4 - 6 p.m.	<b>Reserved for Swim Club</b> 4 - 6 p.m.	<b>Reserved for Swim Club</b> 4 - 6 p.m.  <b>Self-Led Dive Tank</b> 5 - 6 p.m.	<b>Reserved for Swim Club</b> 4 - 6 p.m.	<p><b>Schedule Subject to Change</b></p>  <p>Visit <a href="http://calgary.ca/FoothillsPool">calgary.ca/FoothillsPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p>		
<b>Reserved for Lessons</b> 6 - 7:30 p.m.	<b>Deep Water Workout</b> 6 - 7 p.m.	<b>Reserved for Lessons</b> 6 - 9 p.m.	<b>Deep Water Workout</b> 6 - 7 p.m.			
<b>Reserved for Swim Club</b> 8 - 9 p.m.	<b>Reserved for Swim Club</b> 6 - 9 p.m.		<b>Reserved for Swim Club</b> 6 - 9 p.m.			