

Pool Schedule Summer 2026

****THIS SUMMER SCHEDULE IS SUBJECT TO CHANGE AND IT WILL BE ADJUSTED FOR THE LATE FALL****

Lane swim will partially share space during lessons in the morning and evening sessions.

MOUNT PLEASANT OUTDOOR POOL SCHEDULE JUNE - AUGUST 2026							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM		
7:00AM	6:30-8:00AM	6:30-8:00AM	6:30-8:00AM	6:30-8:00AM	6:30-8:00AM		
7:30AM	**	**	**	**	**		
8:00AM							
8:30AM						LANE SWIM	LANE SWIM
9:00AM						8:00-9:30AM	8:00-9:30AM
9:30AM	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	PRIVATE RENTALS	PRIVATE RENTALS
10:00AM						9:30-11:00AM	9:30-11:00AM
10:30AM	8:00-1:00PM	8:00-1:00PM	8:00-1:00PM	8:00-1:00PM	8:00-1:00PM	11:15-12:45PM	11:15-12:45PM
11:00AM							
11:30AM							
12:00PM							
12:30PM							
1:00PM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM
1:30PM							
2:00PM	1:00-2:30PM	1:00-2:30PM	1:00-2:30PM	1:00-2:30PM	1:00-2:30PM	1:00-2:30PM	1:00-2:30PM
2:30PM							
3:00PM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM
3:30PM							
4:00PM	2:40-4:10pm	2:40-4:10pm	2:40-4:10pm	2:40-4:10pm	2:40-4:10pm	2:40-4:10pm	2:40-4:10pm
4:30PM							
5:00PM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM
5:30PM							
6:00PM	4:20-5:50pm	4:20-5:50pm	4:20-5:50pm	4:20-5:50pm	4:20-5:50pm	4:20-5:50pm	4:20-5:50pm
6:30PM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM
7:00PM							
7:30PM	6:00-7:30PM	6:00-7:30PM	6:00-7:30PM	6:00-7:30PM	6:00-7:30PM	6:00-7:30PM	6:00-7:30PM
8:00PM	LESSONS/SPORT	LESSONS/SPORT	LESSONS/SPORT	LESSONS/SPORT	LESSONS/SPORT	LESSONS/SPORT	LESSONS/SPORT
8:30PM	7:30-8:30PM	7:30-8:30PM	7:30-8:30PM	7:30-8:30PM	7:30-8:30PM	7:30-8:30PM	7:30-8:30PM
9:00PM	8:30-9:30PM	8:30-9:30PM	8:30-9:30PM	8:30-9:30PM	8:30-9:30PM	8:30-9:30PM	8:30-9:30PM
9:30PM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM
10:00PM	8:30-9:30PM	8:30-9:30PM	8:30-9:30PM	8:30-9:30PM	8:30-9:30PM	8:30-9:30PM	8:30-9:30PM
TIMES HAVE CHANGED FOR 2026. WEEKDAY LANE SWIM WILL HAVE SHARED SPACE WITH LESSONS FROM 7:30-8:00AM							

Mount Pleasant Outdoor Pool



June 13 - September 20th, 2026

2310-6th Street NW

(403) 221-4288

www.cospa.ca

mountpleasant@cospa.ca

mpsupervisor@gmail.com

mpoplelessons@gmail.com

mpoprentals@gmail.com

Swimming Lessons

Swimming lessons are available throughout the summer in week long sessions running 8:00am-1:00pm each day.

Lessons run on HOLIDAYS

Each level will be available during the weekly session (so long as the minimum number of swimmers is registered). Please feel free to call us, inquire at the front desk or send us an email to Kali and Alexis at mpoplessons@gmail.com
To Register Visit: www.cospa.ca

Registration must be done online by the Saturday prior to the start date.

Week 0	June 22 to June 26	Mon-Fri
Week 1	June 29 to July 3	Mon-Fri
Week 2	July 6 to July 10	Mon-Fri
Week 3	July 13 to July 17	Mon-Fri
Week 4	July 20 to July 24	Mon-Fri
Week 5	July 27 to July 31	Mon-Fri
Week 6	Aug 3 to Aug 7	Mon-Fri
Week 7	Aug 10 to Aug 14	Mon-Fri
Week 8	Aug 17 to Aug 21	Mon-Fri
Week 9	Aug 24 to Aug 28	Mon-Fri

PRESCHOOL & PRIVATE LESSONS IN SEPTEMBER

TEEN & ADULT PROGRAMS

Splash and Score Water Polo

Mondays 7:30-8:30pm

Stroke Improvement (11-16years)

Mondays 7:30-8:30pm

Adult Swimming Lessons

Mondays 8:30-9:30pm Drop-In Weekly

Sunshine Synchro

Wednesdays 7:30-8:30pm

Stroke Improvement (15 years +)

Wednesday 8:30-9:30pm

Swimming Lesson Schedule 2026

*Certification courses will share pool space

2026 Lesson Schedule				
8:00				
8:05				
8:10	8:00-8:30 Private (Any Level)		8:00-8:30 Private (Any Level)	8:00-8:30 Private (Any Level)
8:15				
8:20		8:10-8:40 Private (Any Level)	8:10-8:40 Private (Any Level)	
8:25				
8:30				
8:35	8:30-9:30 Swimmer 5			8:30-9:00 Swimmer 1
8:40				
8:45		8:40-9:25 Swimmer 3	8:30-9:15 Swimmer 4	
8:50				
8:55			8:40-9:25 Swimmer 2	
9:00				9:00-9:30 Preschool 4/5
9:05				
9:10				
9:15				
9:20				
9:25				
9:30				
9:35		9:25-9:55 Preschool 3		
9:40			9:25-9:55 Swimmer 1	9:35-10:05 Private (Swimmer Level)
9:45				
9:50	9:40-10:10 Preschool 1/2			
9:55				
10:00			9:25-10:25 Swimmer 6	
10:05				
10:10	10:10-10:40 Parent & Tot			10:05-10:35 Preschool 3
10:15				
10:20				
10:25				
10:30				
10:35		10:05-11:20 Rookie & Ranger Patrol	10:25-10:55 Private (Any Level)	
10:40				
10:45	10:40-11:10 Private (Preschool Level)			
10:50				
10:55				10:50-11:20 Preschool 1/2
11:00				
11:05				
11:10			11:05-11:50 Swimmer 2	11:20-11:50 Private (Preschool Level)
11:15				
11:20				
11:25				
11:30	11:15-12:00 Swimmer 3		10:55-12:10 Ranger & Star Patrol	
11:35		11:30-12:00 Swimmer 1		
11:40				
11:45				
11:50				
11:55				
12:00				
12:05			11:55-12:25 Preschool 1/2	
12:10				
12:15	12:10-12:55 Swimmer 2	12:00-12:30 Preschool 4/5		11:55-12:55 Swimmer 5
12:20				
12:25				
12:30				
12:35		12:30-1:00 Private (Any Level)	12:25-12:55 Preschool 3	12:15-1:00 Swimmer 4
12:40				
12:45				
12:50				
12:55				
13:00				

Swimming Lesson Rates

Swimming lessons are non-refundable - Transfers between weeks are possible

Classification	PRICES
Parent & Tot (30min x 5)	\$55.00
Preschool 1-5 (30min x 5)	\$55.00
Swimmer 1 (30min x 5)	\$55.00
Swimmer 2 (45min x 5)	\$65.00
Swimmer 3-4 (45min x 5)	\$65.00
Swimmer 5-6 (60min x 5)	\$70.00
Swim Patrol (75min x 5)	\$80.00
Stroke Improvement Drop-In	\$20.00
Synchro Program Drop In	\$25.00
Water Polo Program Drop In	\$25.00
Drop-In Adult Lesson	\$20.00

Private Swimming Lessons

Private Swimming lessons are available throughout the lesson schedule during the week. These can be booked ONLINE. You will need to register one of the swimmers for the semi-private option and contact us to add the second one manually.

Lesson	PRICES
30 min private lesson x 5 (1 week)	\$200.00 per swimmer
30 min semi-private lesson (1 week).	\$150.00 per swimmer

*For semi private lessons the cost is per person.

*To book Semi-Private Lessons you must sign up as a Private, then make arrangements to register the additional swimmer and make payment at the pool on the first day of your lesson.

Please Register at
www.cospa.ca

Swimming Certifications

Mount Pleasant is pleased to offer Bronze Star, Bronze Medallion/Cross and Intermediate First Aid Certification courses this summer.

If you have any questions about these courses please contact us. mpoplessons@gmail.com

PRE-REQUISITES FOR BRONZE STAR:
 12 Years of Age

PRE-REQUISITES FOR BRONZE COURSES:
 Bronze Medallion: 13 Yrs of AGE/COMPLETED CPR-C
 Bronze Cross: 14 Yrs of AGE/COMPLETED Bronze Medallion & Intermediate First Aid/CPR-C/AED

Bronze Medallion and Cross Course are 5 hours long. Half will be in classroom and half in the pool. Candidates are encouraged to bring water and snacks. They will given breaks throughout the morning.

Course Costs:	
Bronze Star	\$150.00
Bronze Medallion & CPR (incl. book)	\$200.00
Bronze Cross & First Aid	\$275.00
Bronze Medallion/Cross & CPR	\$250.00
Bronze Re-Test	\$20.00
Intermediate First Aid/CPR-C/AED	\$175.00

LEADERSHIP COURSES 2026		
Level	Week	Time
Bronze Star	July 6-July 10	7:30-9:30pm
Bronze Medallion & CPR-C	July 13- July 17	7:30-12:30pm
Bronze Cross & Intermediate First Aid	July 20-July 24	7:30-4:30pm
Bronze Medallion/Cross Combo Course	July 27-July 31	7:30-12:30pm
Bronze Star	August 3-August 7	7:30-9:30pm
Bronze Medallion & CPR-C	August 10-August 14	7:30-12:30pm
Bronze Cross & Intermediate First Aid	August 17-August 21	7:30-4:30pm
Bronze Medallion/Cross Combo Course	August 24- August 28	7:30-12:30pm

- * City of Calgary passes will not be accepted at any of the COSPA pools. Fair Entry Cards - FA Passes entitle the holder to 1/2 price admission, but must be current and shown at the door.
- * All children UNDER THE AGE OF EIGHT must be accompanied by an adult or responsible person. This person must be WITHIN ARMS REACH, IN THE WATER.
- * Mount Pleasant is wheelchair accessible, but there are limited changing facilities.
- * Swimmers who are not toilet trained or incontinent MUST wear two layers of protective cover. A Swim Diaper & Plastic or Rubber Pants (These can be purchased at the front desk).
- * For safety reasons - Please note the following items are not permissible in the deep end of our pool:
 - Pool Noodles
 - Inflatable Water Wings and *Puddle Jumpers*
 - Inflatable pool toys
 - Boogie Boards or Kick-boards
 - Mermaid Tails/Swim Fins
 - (Restricted use dependant on capacity)
 - NO WATERGUNS
 - NO FULL FACE SNORKELS
- *LIFEJACKETS CAN BE WORN IN ALL AREAS AND CAN BE BORROWED FREE OF CHARGE*
- * All Public Swim, Lane Swim and Swimming Lessons should be booked online prior to arriving by visiting cospa.ca We have a limited number of drop in spaces available per swim session.
- * We accept payment for admission by Credit, Debit or Cash.
- * Our CONCESSION takes payment by CASH ONLY.

Rentals

For private rental inquiries please contact the rental coordinator Gabby at <mpoprentals@gmail.com> or visit cospa.ca to reserve a space. Space is limited.

Available Rental Times:

Weekdays (Thurs-Fri)	(June - Aug 30)	7:45-9:15pm
Weekends	(June - Sept 20)	9:30-11:00am
		11:15-12:45pm
		7:45-9:15pm

Number of Participants (in Facility)	Cost (per hour)
1-40	\$175.00
41-80	\$225.00
81-120	\$275.00
121-160	\$325.00
161-200	\$375.00

- *All private rentals will be supervised by the lifeguarding staff.
- *No DRUGS OR ALCOHOL ALLOWED. NO GLASS.
- *We can provide tables, lifejackets, stereo and some pool toys.
- *Children under the age of 8 years must be supervised in the water, within arms reach by a responsible parent/guardian who is at least 16 years of age or older.
- *A BBQ is available upon request, but you must provide your own Propane.
- *Rentals can be booked online, a \$50.00 deposit will be required within 72 hours of arranging the booking. If a deposit has not been paid, the rental will be given to the next person who makes a request for that date.
- *Feel free to email, call or drop by the pool once we are open for more information. Rentals will be reserved through Amilia in the order they are received.