

Length Swim:

5 individual lanes available or 2 lanes for up to 6 people of the same household

1. Can be pre-booked in 30-60-minute segments up to 1 week in advance for a maximum of 5 spots, by phone (403-845-6977) or by email (poolstaff@rockymtnhouse.com) simply state that you would like to book a swim time, give us your name, phone number, and time you would like to book and we will let you know if the time slot is available.
2. Drop-ins welcome if room available for 30-60 minutes segments
3. Equipment is available but must be placed in the disinfectant bucket after each use
4. EVERY swimmer must check-in at the front counter before their swim... even if they pre-booked
5. Please arrive no earlier than 5 minutes before the start of your swim (if special need requires longer time to change please let us know and we can open the changeroom earlier) and change quickly when you are done.
6. Please follow posted signage for guidelines and building direction (i.e. where to exit, change, leave your swim bag, etc.)
7. The whirlpool (hottub) is open; Maximum capacity 5 people (individual) or 10 people of the same household

Length Swim Time Slots available Monday through Friday:

Early Bird: Monday - Friday

6:00AM – 7:00AM

7:00AM – 7:45 AM

7:45AM – 8:30AM

Tuesday - Friday

8:30AM – 9:15AM

9:15AM – 10:00AM

Noon:

Noon:

11:30AM – 12:15PM	Or 11:30AM - 12:30PM	Or 11:30AM – 12:00PM	Or 11:30AM – 1:00PM
12:15PM – 1:00PM	12:30PM – 1:00 PM	12:00PM – 1:00PM	

Evening:

7:30 PM – 8:30 PM (tues – fri)

8:30 PM – 9:00PM

Weekends:

11:30 AM – 12:15 PM

12:15 PM – 1:00 PM