

NICHOLAS SHERAN LEISURE CENTRE SCHEDULE

SEPTEMBER 18-30, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:30am - 8:30pm Open Gym & Hot Tub	9am - 9:30pm Open Gym & Hot Tub	11:30am - 8:30pm Open Gym & Hot Tub	9am - 9:30pm Open Gym & Hot Tub	9am - 8pm Open Gym & Hot Tub	12pm - 6:30pm Open Gym & Hot Tub	1pm - 5pm Open Gym & Hot Tub
	9am - 10am Aqua Fit		9am - 10am Aqua Fit	9am - 10am Aqua Fit	9am - 12pm *Swim Lessons	
	10am - 11:30am Open Swim		10am - 11:30am Open Swim	10am - 11:30am Open Swim		
11:30am - 12:30pm Aqua Fit	11:30am - 12:30pm Sensory Swim	11:30am - 12:30pm Aqua Fit	11:30am - 12:30pm Sensory Swim	11:30am - 1pm Lane Swim		
12:30pm - 1:30pm Lane Swim	12:30pm - 1:30pm Lane Swim	12:30pm - 1:30pm Lane Swim	12:30pm - 1:30pm Lane Swim	11:30am - 11:30am Swim & Splash	12pm - 1pm Lane Swim	
12:30pm - 1:30pm Swim & Splash	12:30pm - 1:30pm Swim & Splash	12:30pm - 1:30pm Swim & Splash	12:30pm - 1:30pm Swim & Splash			
1:30pm - 3pm Open Swim	1:30pm - 3pm Open Swim	1:30pm - 3pm Open Swim	1pm - 3:30pm Open Swim	1pm - 2pm Rental AHS	1pm - 2:30pm Family Swim	1pm - 2pm Lane Swim
3pm - 4pm Rental AHS	3pm - 4pm Senior Swim	3pm - 4pm Lane Swim	3pm - 4pm Senior Swim	2pm - 4pm U18 Rec Swim		2pm - 4pm Open Swim
4pm - 7pm *Swim Lessons	3:30pm - 4:30pm Rental AHS	3pm - 4pm Swim & Splash	4pm - 7pm *Swim Lessons	4pm - 5:30pm Lane Swim	2:30pm - 5:30pm Open Swim	4pm - 5pm Lane Swim
7pm - 7:45pm Aqua Fit	4pm - 7pm *Swim Lessons	4pm - 7pm *Swim Lessons	7pm - 7:45pm *Adult Lessons	5:30pm - 7pm Open Swim	5:30pm - 6:30pm Lane Swim	
7:45pm - 8:30pm Lane Swim	7pm - 7:45pm *Adult Lessons	7pm - 7:45pm Aqua Fit	7pm - 8pm Open Swim	7pm - 8pm Lane Swim		
	7pm - 8pm Open Swim	7:45pm - 8:30pm Lane Swim	8pm - 8:45pm Aqua Fit	7pm - 8pm Leisure Swim		
	8pm - 8:45pm Aqua Zumba		8:45pm - 9:30pm Lane Swim			
	8:45pm - 9:30pm Lane Swim					

Schedule Notes

Fall 2023 Lessons - September 18th - November 25th

Private Rentals - Visit RecEx.ca/Lethbridge to view our Birthday and Event Bookings.