

NICHOLAS SHERAN LEISURE CENTRE SCHEDULE

AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am - 8:30pm Open Gym & Hot Tub	8am - 7:30pm Open Gym & Hot Tub	9am - 8:30pm Open Gym & Hot Tub	8am - 7:30pm Open Gym & Hot Tub	8am - 7:30pm Open Gym & Hot Tub	12pm - 4pm Open Gym & Hot Tub	1pm - 5pm Open Gym & Hot Tub
	8am - 8:45am Aqua Fit		8am - 8:45am Aqua Fit	8am - 8:45am Aqua Fit		
9am - 12pm *Swim Lessons	9am - 12pm *Swim Lessons	9am - 12pm *Swim Lessons	9am - 12pm *Swim Lessons	9am - 12pm *Swim Lessons		
12pm - 1:30pm Lane Swim	11:30am - 12:30pm Rental AHS Aquatic Therapy	12pm - 1:30pm Lane Swim	11:30am - 12:30pm Rental AHS Aquatic Therapy	12pm - 1pm Lane Swim	12pm - 3pm Open Swim	
12pm - 1:30pm Leisure Swim	11:30am - 1pm Lane Swim		11:30am - 1pm Lane Swim	12pm - 2pm Swim & Splash		
1:30pm - 3:30pm Open Swim	1pm - 3:30pm Open Swim	1:30pm - 3pm Open Swim	1pm - 3:30pm Open Swim	1pm - 2pm Rental AHS Chronic Pain		1pm - 2pm Lane Swim
				2pm - 3:30pm U18 Rec Swim		2pm - 4pm Open Swim
3:30pm - 6:30pm *Swim Lessons	3:30pm - 6:30pm *Swim Lessons	3:30pm - 6:30pm *Swim Lessons	3:30pm - 6:30pm *Swim Lessons	3:30pm - 6:30pm *Swim Lessons	3pm - 4pm Lane Swim	4pm - 5pm Lane Swim
	3:30pm - 4:30pm Rental AHS AquaLite					
6:30pm - 7:15pm Aqua Fit	6:30pm - 7:30pm Open Swim	6:30pm - 7:15pm Aqua Fit	6:30pm - 7:30pm Open Swim	6:30pm - 7:30pm Lane Swim		
7:15pm - 8:30pm Lane Swim		7:15pm - 8:30pm Lane Swim				
6:30pm - 8:30pm Leisure Swim		6:30pm - 8:30pm Leisure Swim				

Schedule Notes

Civic Holiday - August 7th - **CLOSED**

Fall Lesson Registration - August 8th 9:00am

Summer Lessons Session 3 - July 31st - August 11th (No Lessons August 7th)

Summer Lessons Session 4 - August 14th - August 25th

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

Nicholas Sheran Pool
401 Laval Blvd W
403-320-3046

RecEx.ca/Lethbridge
Leth@recreationexcellence.com