

AQUATIC FITNESS SCHEDULE

SUMMER 2024

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Jog	<p>Fritz Sick 8am - 9am</p> <p>Stan Siwik 10:30am - 11:30am</p> <p>Stan Siwik 8pm - 8:45pm</p>	<p>Fritz Sick 9am - 10am</p> <p>Stan Siwik 6:30pm - 7:15pm</p>	<p>Fritz Sick 8am - 9am</p> <p>Stan Siwik 10:30am - 11:30am</p> <p>Stan Siwik 8pm - 8:45pm</p>	<p>Fritz Sick 9am - 10am</p> <p>Stan Siwik 6:30pm - 7:15pm</p>	<p>Fritz Sick 8am - 9am</p> <p>Stan Siwik 10:30am - 11:30am</p> <p>Stan Siwik 7:30pm - 8:15pm</p>
Aqua Fit	<p>Nicholas Sheran 8am - 9am</p> <p>Henderson Pool 11am - 11:45am</p> <p>Fritz Sick 12pm - 1pm</p> <p>Nicholas Sheran 6:30pm - 7:15pm</p> <p>Henderson Pool 7pm - 7:45pm</p>	<p>Fritz Sick 10am - 11am</p> <p>Nicholas Sheran 7:30pm - 8:15pm</p> <p>Henderson Pool 7pm - 7:45pm</p>	<p>Nicholas Sheran 8am - 9am</p> <p>Henderson Pool 11am - 11:45am</p> <p>Fritz Sick 12pm - 1pm</p> <p>Nicholas Sheran 6:30pm - 7:15pm</p> <p>Henderson Pool 7pm - 7:45pm</p>	<p>Fritz Sick 10am - 11am</p> <p>Nicholas Sheran 7:30pm - 8:15pm</p> <p>Henderson Pool 7pm - 7:45pm</p>	<p>Nicholas Sheran 8am - 9am</p> <p>Henderson Pool 11am - 11:45am</p> <p>Fritz Sick 12pm - 1pm</p>
Aqua Zumba		Henderson Pool 10am - 11am		Henderson Pool 10am - 11am	
Senior Aqua Fit	Fritz Sick 9am - 10am		Fritz Sick 9am - 10am		Fritz Sick 9am - 10am
AHS	<p>Henderson Pool 10am - 11am</p> <p>Nicholas Sheran 3pm - 4pm</p>	<p>Nicholas Sheran 11:30am - 12:30pm</p> <p>Nicholas Sheran 3pm - 4pm</p>	Henderson Pool 10am - 11am	<p>Nicholas Sheran 11:30am - 12:30pm</p>	<p>Henderson Pool 10am - 11am</p> <p>Nicholas Sheran 1pm - 2pm</p>

Nicholas Sheran: 401 Laval Blvd W
Stan Siwik: 1901 15 Ave N
Fritz Sick: 420 11 St S
Henderson Outdoor Pool: 2710 Park Dr S

RecEx.ca/Lethbridge
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