

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am - 9:30pm Open Gym & Hot Tub	11:30am - 9pm Open Gym & Hot Tub	9am - 9:30pm Open Gym & Hot Tub	11:30am - 9pm Open Gym & Hot Tub	9am - 8:30pm Open Gym & Hot Tub	12pm - 6:30pm Open Gym & Hot Tub	1pm - 4pm Open Gym & Hot Tub
9am - 10:15 am Lane Swim		9am - 10:15 am Lane Swim		9am - 10:15 am Lane Swim	9am - 12pm Swim Lessons	
9am - 11am Swim Lessons		9am - 11am Swim Lessons		9am - 11am Swim Lessons	* Hot Tub & Gym NOT OPEN *	
10:30am - 11:30am Aqua Jog		10:30am - 11:30am Aqua Jog		10:30am - 11:30am Aqua Jog		
11:30am - 1pm Lane Swim	11:30am - 1pm Lane Swim	11:30am - 1pm Lane Swim	11:30am - 1pm Lane Swim	11:30am - 1pm Lane Swim	12pm - 2pm Open Swim	
11:30am - 1pm Swim & Splash	11:30am - 1pm Swim & Splash	11:30am - 1pm Swim & Splash	11:30am - 1pm Swim & Splash	11:30am - 1pm Swim & Splash		
1pm - 3pm Open Swim	1pm - 3pm Open Swim	1pm - 3pm Open Swim	1pm - 3pm Open Swim	1pm - 2:30pm Open Swim	2pm - 3pm Lane Swim	1pm - 3pm Open Swim
3pm - 4pm Senior Swim	3pm - 4pm Lane Swim	3pm - 4pm Senior Swim	3pm - 4pm Lane Swim	2:30pm - 4:30pm U18 Rec Swim	3pm - 6pm Open Swim	3pm - 4pm Lane Swim
4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4:30pm - 5:30pm Lane Swim		
Hot tub and gym CLOSED 4pm - 7pm				5:30pm - 7pm Open Swim	6pm - 7pm Lane Swim	
7pm - 7:45pm Adult Lessons	7pm - 7:45pm Aqua Jog	7pm - 7:45pm Adult Lessons	7pm - 7:45pm Aqua Jog	7pm - 7:45pm Aqua Jog		
7pm - 8pm Open Swim		7pm - 8pm Open Swim				
8pm - 8:45pm Aqua Jog	7:45pm - 9pm Lane Swim	8pm - 8:45pm Aqua Jog	7:45pm - 9pm Lane Swim	7:45pm - 8:30pm Lane Swim		
8:45pm - 9:30pm Lane Swim		8:45pm - 9:30pm Lane Swim				

Schedule Notes

Holiday Hours

Labour Day

September 2, 2024 - **CLOSED**

Henderson Pool - September 2, 2024

OPEN (1pm - 7pm)

Weather Permitting

Swimming Lessons

Fall Lessons September 23 - November 30

No Lessons - October 12 & 14

No Lessons - November 9 & 11

For more information on swimming lessons, visit RecEx.ca/Lethbridge.

Events

Visit RecEx.ca/Lethbridge to view private rentals event bookings.