

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am - 8:30pm Open Gym & Hot Tub	8am - 9:30pm Open Gym & Hot Tub	8am - 8:30pm Open Gym & Hot Tub	8am - 9:30pm Open Gym & Hot Tub	8am - 8pm Open Gym & Hot Tub	12pm - 6:30pm Open Gym & Hot Tub	1pm - 5pm Open Gym & Hot Tub
8am - 9am Lane Swim	8am - 9am Lane Swim	8am - 9am Lane Swim	8am - 9am Lane Swim	8am - 9am Lane Swim		
8am - 10am Swim & Splash	8am - 10am Swim & Splash	8am - 10am Swim & Splash	8am - 10am Swim & Splash	8am - 10am Swim & Splash		
9am - 10am Aqua Fit	9am - 10am Aqua Fit	9am - 10am Aqua Fit	9am - 10am Aqua Fit	9am - 10am Aqua Fit		
9:15am - 11:15am Swim Lessons	9:15am - 11:15am Swim Lessons	9:15am - 11:15am Swim Lessons	9:15am - 11:15am Swim Lessons	9:15am - 11:15am Swim Lessons	9am - 12pm Swim Lessons	
10am - 11:30am Open Swim	10am - 11:30am Open Swim	10am - 11:30am Open Swim	10am - 11:30am Open Swim	10am - 11:30am Open Swim	*HOT TUB & GYM CLOSED DURING LESSONS * 9AM - 12PM	
10am - 11am Rental AHS	10am - 11am Rental AHS	10am - 11am Rental AHS	10am - 11am Rental AHS	10am - 11am Rental AHS		11am - 1pm Private Rental Space Available
11:30am - 1:30pm Lane Swim	11:30am - 1:30pm Lane Swim	11:30am - 12:30pm Aqua Zumba	11:30am - 1:30pm Lane Swim	11:30am - 1:30pm Lane Swim	12pm - 1pm Lane Swim	
11:30am - 1:30pm Swim & Splash	11:30am - 1:30pm Swim & Splash	11:30am - 1:30pm Swim & Splash	11:30am - 1:30pm Swim & Splash	11:30am - 1:30pm Swim & Splash	12pm - 1pm Swim & Splash	
11:30am - 12:30pm Rental AHS	11:30am - 12:30pm Rental AHS	12:30pm - 1:30pm Lane Swim	11:30am - 12:30pm Rental AHS	11:30am - 12:30pm Rental AHS		
1:30pm - 3pm Open Swim	1:30pm - 3pm Open Swim	1:30pm - 4pm Open Swim	1:30pm - 3pm Open Swim	1:30pm - 2pm Rental AHS	1pm - 2:30pm Family Swim	1pm - 2pm Lane Swim
3pm - 4pm Rental AHS	3pm - 4pm Senior Swim		3pm - 4pm Senior Swim	2pm - 3:30pm Open Swim		1pm - 2pm Swim & Splash
3:30pm - 4:30pm Rental AHS	3:30pm - 4:30pm Rental AHS			3:30pm - 5:30pm Lane Swim	2:30pm - 5:30pm Open Swim	2pm - 4pm Open Swim
4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons			4pm - 5pm Lane Swim
*HOT TUB & SAUNA CLOSED DURING LESSONS 4PM - 7PM						
	7pm - 7:45pm Adult Lessons		7pm - 7:45pm Adult Lessons		5:30pm - 6:30pm Lane Swim	5pm - 7pm Private Rental Space Available
7pm - 7:45pm Aqua Fit	7pm - 8pm Open Swim	7pm - 7:45pm Aqua Fit	7pm - 8pm Open Swim	5:30pm - 7pm Open Swim		
7:45pm - 8:30pm Lane Swim	8pm - 8:45pm Aqua Zumba	7:45pm - 8:30pm Lane Swim	8pm - 8:45pm Aqua Fit	7pm - 8pm Lane Swim	6:30pm - 8:30pm Private Rental Space Available	
	8:45pm - 9:30pm Lane Swim		8:45pm - 9:30pm Lane Swim	7pm - 8pm Leisure Swim		

Schedule Notes

Holiday Hours

Remembrance Day

November 11, 2024 - OPEN

Holiday Programming 1pm - 5pm

Open Swim (1pm - 4pm)

Lane Swim (4pm - 5pm)

Swimming Lessons

Fall Lessons September 16 - November 23

No Lessons - November 9 & 11

Last Week - November 18 - 23

Winter 2025 Lesson Registration

December 3, 2024 at 9am

Events

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