

2025 AQUATIC FITNESS SCHEDULE JULY - AUGUST

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

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

Leth@recreationexcellence.com