

NICHOLAS SHERAN LEISURE CENTRE SCHEDULE

SEPTEMBER 22 - 30, 2025

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

Holiday Hours

Thanksgiving Day - Monday,
October 13

Closed

Stan Siwik Pool

Open 1:00 PM - 5:00 PM

Swimming Lessons

Fall Swim Lessons

September 22 - November 29, 2025

No Lessons - October 11, 13 & November 11

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

Notes

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

Nicholas Sheran Pool

401 Laval Blvd W

403-320-3046

RecEx.ca/Lethbridge
leth@recreationexcellence.com