

FRITZ SICK LEISURE CENTRE SCHEDULE

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Facility Hours 6:30am - 2pm	Facility Hours 6:30am - 2pm	Facility Hours 6:30am - 2pm	Facility Hours 6:30am - 2pm	Facility Hours 6:30am - 2pm	Facility Hours CLOSED	Facility Hours CLOSED
<div>6:30am - 1pm</div> <div>8am - 9am Power Jog</div> <div>9am - 10am Senior Aqua Fit</div> <div>Lane Swim</div> <div>12pm - 1pm Aqua Fit</div> <div>1pm - 2pm Senior Swim</div> <div>5pm - 8pm Rental Swim Club</div>	<div>6:30am - 1pm</div> <div>8am - 9am Power Jog</div> <div>9am - 10am Aqua Jog</div> <div>10am - 11am Aqua Zumba</div> <div>Lane Swim</div> <div>1pm - 2pm Senior Swim</div> <div>5pm - 8pm Rental Swim Club</div>	<div>6:30am - 1pm</div> <div>8am - 9am Power Jog</div> <div>9am - 10am Senior Aqua Fit</div> <div>10am - 11am AHS AquaLite</div> <div>Lane Swim</div> <div>12pm - 1pm Aqua Fit</div> <div>1pm - 2pm Senior Swim</div> <div>5pm - 8pm Rental Swim Club</div>	<div>6:30am - 1pm</div> <div>8am - 9am Power Jog</div> <div>9am - 10am Aqua Jog</div> <div>10am - 11am Aqua Zumba</div> <div>Lane Swim</div> <div>1pm - 2pm Senior Swim</div> <div>5pm - 8pm Rental Swim Club</div>	<div>6:30am - 1pm</div> <div>8am - 9am Power Jog</div> <div>9am - 10am Senior Aqua Fit</div> <div>10am - 11am AHS AquaLite</div> <div>Lane Swim</div> <div>12pm - 1pm Aqua Fit</div> <div>1pm - 2pm Senior Swim</div> <div>5pm - 8pm Rental Swim Club</div>	<div>9am - 12pm Swim Lessons</div> <div>12pm - 6:30pm Private Rental Space Available</div>	<div>9am - 6:30pm Private Rental Space Available</div>

Schedule Notes

Holiday Hours

Thanksgiving Day
October 13, 2025 - 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.

Events

For more information on bookings and event, visit RecEx.ca/Lethbridge.

Fritz Sick Pool
420 11 St S
403-320-3109

RecEx.ca/Lethbridge
leth@recreationexcellence.com

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RECREATION EXCELLENCE
"Serious about fun"