

FRITZ SICK LEISURE CENTRE SCHEDULE

NOVEMBER 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
6:30am - 1pm 8am - 9am Power Jog 9am - 10am Senior Aqua Fit Lane Swim 12pm - 1pm Aqua Fit 1pm - 2pm Senior Swim 5pm - 8pm Rental Swim Club	6:30am - 1pm 8am - 9am Power Jog 9am - 10am Aqua Jog 10am - 11am Aqua Zumba Lane Swim 1pm - 2pm Senior Swim 5pm - 8pm Rental Swim Club	6:30am - 1pm 8am - 9am Power Jog 9am - 10am Senior Aqua Fit 10am - 11am AHS AquaLite Lane Swim 12pm - 1pm Aqua Fit 1pm - 2pm Senior Swim 5pm - 8pm Rental Swim Club	6:30am - 1pm 8am - 9am Power Jog 9am - 10am Aqua Jog 10am - 11am Aqua Zumba Lane Swim 1pm - 2pm Senior Swim 5pm - 8pm Rental Swim Club	6:30am - 1pm 8am - 9am Power Jog 9am - 10am Senior Aqua Fit 10am - 11am AHS AquaLite Lane Swim 12pm - 1pm Aqua Fit 1pm - 2pm Senior Swim 5pm - 8pm Rental Swim Club	9am - 12pm Swim Lessons 12pm - 6:30pm Private Rental Space Available	9am - 6:30pm Private Rental Space Available

Schedule Notes

Holiday Hours

Remembrance Day
November 11, 2025 - CLOSED

Nicholas Sheran Pool - OPEN
1:00 pm - 5:00 pm

Swimming Lessons

Fall Swim Lessons
September 22 - November 29, 2025
No Lessons - November 11

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

Events

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