

NICHOLAS SHERAN LEISURE CENTRE SCHEDULE

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am - 8:30pm Gym & Hot Tub	9am - 9:30pm Gym & Hot Tub	9am - 8:30pm Gym & Hot Tub	9am - 9:30pm Gym & Hot Tub	9am - 8pm Gym & Hot Tub	12pm - 6:30pm Gym & Hot Tub	1pm - 5pm 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 Swim & Splash	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 - 12:30pm Leisure Swim *Shared Pool*	11:30am - 12:30pm Swim & Splash	11:30am - 12:30pm Leisure Swim *Shared Pool*	11:30am - 12:30pm Swim & Splash	11:30am - 12:30pm AHS Aqua Therapy	12pm - 1pm Swim & Splash	1pm - 2pm Swim & Splash
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 & SAUNA 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 Fit	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

Remembrance Day
November 11, 2025 - 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.*

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