

NICHOLAS SHERAN LEISURE CENTRE SCHEDULE

MARCH 1 - 22, 2026

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 Lane Swim	9am - 10am Aqua Fit	9am - 10am Lane Swim	9am - 10am Aqua Fit	9am - 12pm Swim Lessons	
9am - 10am Swim & Splash	9am - 11:30am Swim Lessons	9am - 10am Swim & Splash	9am - 11:30am Swim Lessons			
10am - 11:30am Open Swim	10am - 11:30am Open Swim	10am - 11:30am Open Swim	10am - 11:30am Open Swim	10am - 11:30am Open Swim	*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	
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	
11:30am - 12:30pm Leisure Swim	11:30am - 12:30pm AHS Aqua Therapy	11:30am - 12:30pm Leisure Swim	11:30am - 12:30pm AHS Aqua Therapy			
1:30pm - 2:30pm AHS ARCP	1:30pm - 3pm Open Swim	1:30pm - 4pm Open Swim	1:30pm - 3pm Open Swim	1pm - 2pm AHS ARCP	1pm - 2:30pm Family Swim	1pm - 2pm Lane Swim
2:30pm - 4pm Open Swim	3pm - 4pm Senior Swim		3pm - 4pm Senior Swim	2pm - 3:30pm Open Swim	2:30pm - 5:30pm Open Swim	1pm - 2pm Swim & Splash
4pm - 7pm Swim Lessons	4pm - 7:45pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7:45pm Swim Lessons	3:30pm - 5pm Lane Swim		2pm - 4pm Open Swim
	3:30pm - 4:30pm AHS AquaLite			5pm - 7pm Open Swim		4pm - 5pm Lane Swim
	7pm - 7:45pm Adult Swim Lessons		7pm - 7:45pm Adult Swim Lessons		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 - 8:30pm Private Rental Space Available	
7:45pm - 8:30pm Lane Swim	8pm - 9:30pm Lane Swim	7:45pm - 8:30pm Lane Swim	8pm - 9:30pm Lane Swim	7pm - 8pm Leisure Swim		
	8pm - 9:30pm Leisure Swim		8pm - 9:30pm Leisure Swim			

Holiday Hours

Good Friday - April 1, 2026

Closed

Easter Monday - April 6, 2026

Closed

Swimming Lessons

Winter Swim Lessons

January 12 - March 21, 2026

Spring Lesson Registration

Tuesday, March 24 at 9:00am

Notes

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