

AQUATIC FITNESS SCHEDULE

SPRING 2026

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|------------------------------|--------------------------------------|------------------------------|--------------------------------------|------------------------------|
| FRITZ SICK POOL | Power Jog 8am - 9am | AquaJog 9am - 10am | Power Jog 8am - 9am | AquaJog 9am - 10am | Power Jog 8am - 9am |
| | Senior AquaFit 9am - 10am | | Senior AquaFit 9am - 10am | | Senior AquaFit 9am - 10am |
| | AquaFit 12pm - 1pm | | AHS 10am - 11am | | AHS 10am - 11am |
| | | AquaZumba 10am - 11am | AquaMotion 11am - 12pm | AquaZumba 10am - 11am | AquaFit 12pm - 1pm |
| | | | AquaFit 12pm - 1pm | | |
| STAN SIWIK POOL | AquaJog 10:30am - 11:30am | AquaJog 7:15pm - 8pm | AquaJog 10:30am - 11:30am | AquaJog 7:15pm - 8pm | AquaJog 10:30am - 11:30am |
| | AquaJog 8pm - 8:45pm | | AquaJog 8pm - 8:45pm | | |
| NICHOLAS SHERAN POOL | AquaFit 9am - 10am | AHS AquaLite 3:30pm - 4:30pm | AquaFit 9am - 10am | AHS AquaTherapy 11:30am - 12:30pm | AquaFit 9am - 10am |
| | AHS ARCP 1:30pm - 2:30pm | | AquaFit 7pm - 7:45pm | | AHS ARCP 1pm - 2pm |
| | AquaFit 7pm - 7:45pm | AHS AquaTherapy 11:30am - 12:30pm | AquaFit 7pm - 7:45pm | | |

STAY CONNECTED WITH US.

recex.ca/lethbridge | leth@recreationexcellence.com | aquatics.lethbridge.ca

Stan Siwik Pool 403.320.3054 • Nicholas Sheran 403.320.3046 • Fritz Sick Pool 403.320.3109