NICHOLAS SHERAN LEISURE CENTRE SCHEDULE

MAY 2026

MONDAY

- 9am - 8:30pm *Facility Hours
- 9am - 10am Aqua Fit
- 9am - 10am Swim & Splash
- 10am - 11:30am Open Swim
- 11:30am - 1:30pm Lane Swim
- 11:30am - 1:30pm Swim & Splash
- 11:30am -12:30pm Leisure Swim
- 1:30pm - 2:30pm AHS ARCP
- 2:30pm - 4pm Open Swim
- 4pm - 7pm Swim Lessons
- 7pm - 7:45pm Aqua Fit
- 7:45pm - 8:30pm Lane Swim

TUESDAY

- 9am - 9:30pm *Facility Hours
- 9am - 10am Lane Swim
- 9am - 11:30am Swim Lessons
- 10am - 11:30am Open Swim
- 11:30am - 1:30pm Lane Swim *Shared Pool*
- 11:30am - 1:30pm Swim & Splash
- 11:30am -12:30pm AHS Aqua Therapy
- 1:30pm - 3pm Open Swim
- 3pm - 4pm Senior Swim
- 3:30pm - 4:30pm AHS AquaLite
- 4pm - 7pm Swim Lessons
- 7pm - 8pm Open Swim
- 8pm - 9:30pm Lane Swim
- 8pm - 9:30pm Leisure Swim

WEDNESDAY

- 9am - 8:30pm *Facility Hours
- 9am - 10am Aqua Fit
- 9am - 10am Swim & Splash
- 10am - 11:30am Open Swim
- 11:30am - 1:30pm Lane Swim
- 11:30am - 1:30pm Swim & Splash
- 11:30am -12:30pm Leisure Swim
- 1:30pm - 4pm Open Swim
- 4pm - 7pm Swim Lessons
- 7pm - 7:45pm Aqua Fit
- 7:45pm - 8:30pm Lane Swim

THURSDAY

- 9am - 9:30pm *Facility Hours
- 9am - 10am Lane Swim
- 9am - 11:30am Swim Lessons
- 10am - 11:30am Open Swim
- 11:30am - 1:30pm Lane Swim *Shared Pool*
- 11:30am - 1:30pm Swim & Splash
- 11:30am -12:30pm AHS Aqua Therapy
- 1:30pm - 3pm Open Swim
- 3pm - 4pm Senior Swim
- 4pm - 7pm Swim Lessons
- 7pm - 8pm Open Swim
- 8pm - 9:30pm Lane Swim
- 8pm - 9:30pm Leisure Swim

FRIDAY

- 9am - 8pm *Facility Hours
- 9am - 10am Aqua Fit
- 9am - 10am Swim & Splash
- 10am - 11:30am Open Swim
- 11:30am - 1pm Lane Swim
- 11:30am - 1pm Swim & Splash
- 1pm - 2pm AHS ARCP
- 2pm - 3:30pm Open Swim
- 3:30pm - 5pm Lane Swim
- 5pm - 7pm Open Swim
- 7pm - 8pm Lane Swim
- 7pm - 8pm Leisure Swim

SATURDAY

- 12pm - 6:30pm *Facility Hours
- 9am - 12pm Swim Lessons
- *HOT TUB & SAUNA CLOSED DURING LESSONS 9AM - 12PM*
- 12pm - 1pm Lane Swim
- 12pm - 1pm Swim & Splash
- 1pm - 2:30pm Family Swim
- 2:30pm - 5:30pm Open Swim
- 5:30pm - 6:30pm Lane Swim
- 6:30pm - 8:30pm Private Rental Space Available

SUNDAY

- 1pm - 5pm *Facility Hours
- 10am - 1pm Private Rental Space Available
- 1pm - 2pm Lane Swim
- 1pm - 2pm Swim & Splash
- 2pm - 4pm Open Swim
- 4pm - 5pm Lane Swim
- 5pm - 8pm Private Rental Space Available

HOT TUB & SAUNA CLOSED DURING LESSONS 4PM - 7PM

HOLIDAY HOURS

Victoria Day - May 18, 2026

Facility open from 1pm until 5pm

(OPEN SWIM: 1PM - 4PM) (LANE SWIM: 4PM - 5PM)

SWIMMING LESSONS

Spring Swim Lessons

April 13 - June 20, 2026

No Lessons: May 16 & 18

NOTES

***The hot tub, gym and sauna are open to the public during facility hours unless otherwise specified.**

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

Nicholas Sheran Pool
401 Laval Blvd W
403-320-3046

RecEx.ca/Lethbridge
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