

FRITZ SICK LEISURE CENTRE SCHEDULE

JUNE 2026

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
<div style="background-color: #008080; color: white; padding: 5px;">6:30am - 1pm</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">Lane Swim</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">8am - 9am Power Jog</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">9am - 10am Senior Aqua Fit</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">10am - 11am Aqua Zumba</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">12pm - 1pm Aqua Fit</div>	<div style="background-color: #008080; color: white; padding: 5px;">6:30am - 1pm</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">Lane Swim</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">8am - 9am Power Jog</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">9am - 10am Aqua Jog</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">10am - 11am Aqua Zumba</div>	<div style="background-color: #008080; color: white; padding: 5px;">6:30am - 1pm</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">Lane Swim</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">8am - 9am Power Jog</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">9am - 10am Senior Aqua Fit</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">10am - 11am AHS AquaLite</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">12pm - 1pm Aqua Fit</div>	<div style="background-color: #008080; color: white; padding: 5px;">6:30am - 1pm</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">Lane Swim</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">8am - 9am Power Jog</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">9am - 10am Aqua Jog</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">10am - 11am Aqua Zumba</div>	<div style="background-color: #008080; color: white; padding: 5px;">6:30am - 1pm</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">Lane Swim</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">8am - 9am Power Jog</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">9am - 10am Senior Aqua Fit</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">10am - 11am AHS AquaLite</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">12pm - 1pm Aqua Fit</div>	<div style="background-color: #008080; color: white; padding: 5px;">9am - 12pm</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">Swim Lessons</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">10am - 12pm Junior Lifeguard Club</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">12pm - 6:30pm</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">Private Rental Space Available</div>	<div style="background-color: #008080; color: white; padding: 5px;">9am - 6:30pm</div> <div style="background-color: #008080; color: white; padding: 5px; margin-top: 5px;">Private Rental Space Available</div>
<div style="background-color: #90EE90; color: white; padding: 5px;">1pm - 2pm Senior Swim</div>	<div style="background-color: #90EE90; color: white; padding: 5px;">1pm - 2pm Senior Swim</div>	<div style="background-color: #90EE90; color: white; padding: 5px;">1pm - 2pm Senior Swim</div>	<div style="background-color: #90EE90; color: white; padding: 5px;">1pm - 2pm Senior Swim</div>	<div style="background-color: #90EE90; color: white; padding: 5px;">1pm - 2pm Senior Swim</div>	<div style="background-color: #008080; color: white; padding: 5px;">12pm - 6:30pm Private Rental Space Available</div>	<div style="background-color: #008080; color: white; padding: 5px;">12pm - 6:30pm Private Rental Space Available</div>
<div style="background-color: #008080; color: white; padding: 5px;">5pm - 8pm Rental Swim Club</div>	<div style="background-color: #008080; color: white; padding: 5px;">5pm - 8pm Rental Swim Club</div>	<div style="background-color: #008080; color: white; padding: 5px;">5pm - 8pm Rental Swim Club</div>	<div style="background-color: #008080; color: white; padding: 5px;">5pm - 8pm Rental Swim Club</div>	<div style="background-color: #008080; color: white; padding: 5px;">5pm - 8pm Rental Swim Club</div>		

HOLIDAY HOURS

Canada Day - July 1, 2026
 Facility Closed
(HENDERSON OUTDOOR POOL OPEN: 1PM - 7PM)

SWIMMING LESSONS

Spring Swim Lessons
 Last day of lessons: June 20, 2026

NOTES

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