

# NICHOLAS SHERAN LEISURE CENTRE SCHEDULE

## JUNE 21 - JULY 4, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am - 8:30pm *Facility Hours	9am - 9:30pm *Facility Hours	9am - 8:30pm *Facility Hours	9am - 9:30pm *Facility Hours	9am - 8pm *Facility Hours	12pm - 6:30pm *Facility Hours	1pm - 5pm *Facility Hours
9am - 10am Aqua Fit	9am - 10am Lane Swim	9am - 10am Aqua Fit	9am - 10am Lane Swim	9am - 10am Aqua Fit	9am - 12pm  Private Rental Space Available	10am - 1pm  Private Rental Space Available
9am - 10am Swim & Splash	9am - 10am Swim & Splash	9am - 10am Swim & Splash	9am - 10am Swim & Splash	9am - 10am Swim & Splash		
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	12pm - 1pm Lane Swim	12pm - 1pm Swim & Splash
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 - 1:30pm 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 - 1:30pm Swim & Splash	11:30am - 12:30pm AHS Aqua Therapy	1pm - 2pm Lane Swim
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	11:30am - 12:30pm AHS Aqua Therapy		
1:30pm - 3pm Open Swim	1:30pm - 3pm Open Swim	1:30pm - 3:30pm Open Swim	1:30pm - 3pm Open Swim	1pm - 2pm AHS ARCP	1pm - 2:30pm Family Swim	1pm - 2pm Swim & Splash
3pm - 4pm AHS ARCP	3pm - 4pm Senior Swim	3:30pm - 5:30pm Lane Swim	3pm - 4pm Senior Swim	2pm - 3:30pm Open Swim	2:30pm - 5:30pm Open Swim	2pm - 4pm Open Swim
4pm - 5:30pm Lane Swim	4pm - 5:30pm Lane Swim		4pm - 5:30pm Lane Swim	3:30pm - 5pm Lane Swim		3:30pm - 5pm Swim & Splash
5:30pm - 7pm Open Swim	5:30pm - 8pm Open Swim	5:30pm - 7pm Open Swim	5:30pm - 8pm Open Swim	5pm - 7pm Open Swim	5:30pm - 6:30pm Lane Swim	5pm - 8pm  Private Rental Space Available
7pm - 7:45pm Aqua Fit	8pm - 9:30pm Lane Swim	7pm - 7:45pm Aqua Fit	8pm - 9:30pm Lane Swim	7pm - 8pm Lane Swim	6:30pm - 8:30pm Private Rental Space Available	
7:45pm - 8:30pm Lane Swim		8pm - 9:30pm Leisure Swim		7:45pm - 8:30pm Lane Swim	8pm - 9:30pm Leisure Swim	7pm - 8pm Leisure Swim

### HOLIDAY HOURS

#### Canada Day - July 1, 2026

Facility Closed

(HENDERSON OUTDOOR POOL OPEN: 1PM - 7PM)

### SWIMMING LESSONS

#### Summer Swim Lesson Registration

Tuesday, June 23 at 9:00am

Summer Session 1: July 6 - 17

Summer Session 2: July 20 - 31

### NOTES

Visit [RecEx.ca/Lethbridge](http://RecEx.ca/Lethbridge) to view private rental event bookings.

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

Facility schedules are subject to change and may be impacted by regularly scheduled or emergency maintenance. Please check [aquatics.lethbridge.ca](http://aquatics.lethbridge.ca) for the most up-to-date information.

[recex.ca/lethbridge](http://recex.ca/lethbridge) | [leth@recreationexcellence.com](mailto:leth@recreationexcellence.com)

