

FRITZ SICK LEISURE CENTRE SCHEDULE

JULY 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: #00a696; color: white; padding: 5px; text-align: center;">6:30am - 1pm</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">Lane Swim</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">8am - 9am Power Jog</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">9am - 10am Senior Aqua Fit</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">10am - 11am Aqua Fit</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">12pm - 1pm Aqua Fit</div>	<div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">6:30am - 1pm</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">Lane Swim</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">8am - 9am Power Jog</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">9am - 10am Aqua Jog</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">10am - 11am Aqua Fit</div>	<div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">6:30am - 1pm</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">Lane Swim</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">8am - 9am Power Jog</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">9am - 10am Senior Aqua Fit</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">10am - 11am Aqua Fit</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">12pm - 1pm Aqua Fit</div>	<div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">6:30am - 1pm</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">Lane Swim</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">8am - 9am Power Jog</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">9am - 10am Aqua Jog</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">10am - 11am Aqua Fit</div>	<div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">6:30am - 1pm</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">Lane Swim</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">8am - 9am Power Jog</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">9am - 10am Senior Aqua Fit</div> <div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">12pm - 1pm Aqua Fit</div>		
<div style="background-color: #4db6ac; color: white; padding: 5px; text-align: center;">1pm - 2pm Senior Swim</div>	<div style="background-color: #4db6ac; color: white; padding: 5px; text-align: center;">1pm - 2pm Senior Swim</div>	<div style="background-color: #4db6ac; color: white; padding: 5px; text-align: center;">1pm - 2pm Senior Swim</div>	<div style="background-color: #4db6ac; color: white; padding: 5px; text-align: center;">1pm - 2pm Senior Swim</div>	<div style="background-color: #4db6ac; color: white; padding: 5px; text-align: center;">1pm - 2pm Senior Swim</div>	<div style="background-color: #4db6ac; color: white; padding: 5px; text-align: center;">Private Rental Space Available</div>	<div style="background-color: #4db6ac; color: white; padding: 5px; text-align: center;">Private Rental Space Available</div>
<div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">5pm - 8pm Rental Swim Club</div>	<div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">5pm - 8pm Rental Swim Club</div>	<div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">5pm - 8pm Rental Swim Club</div>	<div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">5pm - 8pm Rental Swim Club</div>	<div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">5pm - 8pm Rental Swim Club</div>	<div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">Private Rental Space Available</div>	<div style="background-color: #00a696; color: white; padding: 5px; text-align: center;">Private Rental Space Available</div>

HOLIDAY HOURS
<p>Canada Day - July 1st, 2026 CLOSED</p> <p>Henderson Outdoor Pool OPEN (1pm - 7pm)</p>

SWIMMING LESSONS

NOTES
<p>Visit RecEx.ca/Lethbridge to view private rental event bookings.</p>