

NICHOLAS SHERAN LEISURE CENTRE SCHEDULE

JULY 5 - 31, 2026

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

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

SWIMMING LESSONS
Summer Swim Lesson Schedule
SS1: July 6 - July 17
SS2: July 20 - July 31
Registration for SS3 & SS4 will open July 14 at 9:00am

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

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

recex.ca/lethbridge | leth@recreationexcellence.com

