

STAN SIWIK POOL SCHEDULE

JULY 5 - 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am - 9:30pm *Facility Hours	8am - 9pm *Facility Hours	8am - 9:30pm *Facility Hours	8am - 9pm *Facility Hours	8am - 8:30pm *Facility Hours	12pm - 7pm *Facility Hours	1pm - 4pm *Facility Hours
8am - 9am Lane Swim	8am - 9am Lane Swim	8am - 9am Lane Swim	8am - 9am Lane Swim	8am - 9am Lane Swim		
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		10am - 12pm Private Rental Space Available	
10:30am - 11:30am Aqua Jog		10:30am - 11:30am Aqua Jog		10:30am - 11:30am Aqua Jog		11am - 1pm Private Rental Space Available
MAIN POOL CLOSED DURING LESSONS 9AM - 12PM (DOES NOT APPLY TO AQUA JOG CLASS)						
12pm - 1:30pm Lane Swim	12pm - 1:30pm Lane Swim	12pm - 1:30pm Lane Swim	12pm - 1:30pm Lane Swim	12pm - 1:30pm Lane Swim	12pm - 2pm Open Swim	
12pm - 1:30pm Swim & Splash	12pm - 1:30pm Swim & Splash	12pm - 1:30pm Swim & Splash	12pm - 1:30pm Swim & Splash	12pm - 1:30pm Swim & Splash	12pm - 1:30pm Swim & Splash	
					1pm - 3:30pm Swim Lessons	1pm - 3pm Open Swim
1:30pm - 3pm Open Swim	1:30pm - 3pm Open Swim	1:30pm - 3pm Open Swim	1:30pm - 3pm Open Swim	1:30pm - 2:30pm Senior Swim	2pm - 3pm Lane Swim	
				2:30pm - 4pm Open Swim	3pm - 4pm Family Swim	3pm - 4pm Lane Swim
3pm - 4pm Senior Swim	3pm - 4pm Lane Swim	3pm - 4pm Senior Swim	3pm - 4pm Lane Swim			
4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 6pm Open Swim	4pm - 7pm Private Rental Space Available
HOT TUB & GYM CLOSED DURING LESSONS 4PM - 7PM						
					6pm - 7pm Lane Swim	6pm - 7pm Leisure Swim
7pm - 8pm Open Swim	7:15pm - 8pm Aqua Jog	7pm - 8pm Open Swim	7:15pm - 8pm Aqua Jog	7pm - 8:30pm Lane Swim	7pm - 9pm Private Rental Space Available	
8pm - 8:45pm Aqua Jog	8pm - 9pm Lane Swim	8pm - 8:45pm Aqua Jog	8pm - 9pm Lane Swim			
8:45pm - 9:30pm Lane Swim		8:45pm - 9:30pm Lane 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 15 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.