

FRITZ SICK LEISURE CENTRE SCHEDULE

AUGUST 1 - 15, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am - 9pm *Facility Hours	6:30am - 8pm *Facility Hours	6:30am - 9pm *Facility Hours	6:30am - 8pm *Facility Hours	6:30am - 7pm *Facility Hours	1pm - 5pm *Facility Hours	CLOSED *Facility Hours
6:30am - 2pm Lane Swim	6:30am - 1pm Lane Swim	6:30am - 1pm Lane Swim	6:30am - 1pm Lane Swim	6:30am - 2pm Lane Swim		
8am - 9am Power Jog	8am - 9am Aqua Jog	8am - 9am Power Jog	8am - 9am Aqua Jog	8am - 9am Power Jog		
9am - 12pm Swim Lessons	9am - 12pm Swim Lessons	9am - 12pm Swim Lessons	9am - 12pm Swim Lessons	9am - 12pm Swim Lessons		9am - 6:30pm Private Rental Space Available
Please note that lane swim program will share pool space with swim lessons from 9am to 12pm						
12pm - 1pm Aqua Fit	12pm - 1pm AHS Aqua Therapy	12pm - 1pm Aqua Fit	12pm - 1pm AHS Aqua Therapy	12pm - 1pm Aqua Fit		
1pm - 2pm AHS ARCP	1pm - 2pm Senior Swim	1pm - 2pm Senior Swim	1pm - 2pm Senior Swim	1pm - 2pm AHS ARCP	1pm - 5pm Lane Swim	
2pm - 3pm Senior Swim	2pm - 8pm Lane Swim	2pm - 7pm Lane Swim	2pm - 8pm Lane Swim	2pm - 3pm Senior Swim	1pm - 2pm Swim & Splash	
3pm - 7pm Lane Swim	2pm - 4pm Open Swim	2pm - 4pm Open Swim	2pm - 4pm Open Swim	3pm - 7pm Lane Swim	2pm - 3:30pm Open Swim	
4pm - 7pm Swim Lessons / Swim Club	4pm - 7pm Swim Lessons / Swim Club	4pm - 7pm Swim Lessons / Swim Club	4pm - 7pm Swim Lessons / Swim Club	4pm - 7pm Swim Lessons / Swim Club		
*Please note that lane swim program will share pool space with swim lessons and swim club from 4pm - 7pm						
7pm - 7:45pm Aqua Fit		7pm - 7:45pm Aqua Fit				
7:45pm - 9pm Lane Swim		7:45pm - 9pm Lane Swim				

HOLIDAY HOURS
Heritage Day - Monday, August 3 CLOSED
Henderson Outdoor Pool OPEN (1pm - 7pm) *Weather permitting*

SWIMMING LESSONS
Summer Swim Lesson Schedule SS3: August 4 - 14 SS4: August 17 - 38 No lessons on Monday, August 3

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

FRITZ SICK LEISURE CENTRE SCHEDULE

AUGUST 16 - 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am - 9pm *Facility Hours	6:30am - 8pm *Facility Hours	6:30am - 9pm *Facility Hours	6:30am - 8pm *Facility Hours	6:30am - 7pm *Facility Hours	1pm - 5pm *Facility Hours	CLOSED *Facility Hours
6:30am - 2pm Lane Swim 8am - 9am Power Jog 9am - 12pm Swim Lessons	6:30am - 1pm Lane Swim 8am - 9am Aqua Jog 9am - 12pm Swim Lessons	6:30am - 1pm Lane Swim 8am - 9am Power Jog 9am - 12pm Swim Lessons	6:30am - 1pm Lane Swim 8am - 9am Aqua Jog 9am - 12pm Swim Lessons	6:30am - 2pm Lane Swim 8am - 9am Power Jog 9am - 12pm Swim Lessons		
Please note that lane swim program will share pool space with swim lessons from 9am to 12pm						
12pm - 1pm Aqua Fit 1pm - 2pm AHS ARCP	12pm - 1pm AHS Aqua Therapy 1pm - 2pm Senior Swim	12pm - 1pm Aqua Fit 1pm - 2pm Senior Swim	12pm - 1pm AHS Aqua Therapy 1pm - 2pm Senior Swim	12pm - 1pm Aqua Fit 1pm - 2pm AHS ARCP	12pm - 1pm Aqua Fit 1pm - 2pm AHS ARCP	
2pm - 3pm Senior Swim 3pm - 9pm Lane Swim 4pm - 7pm Swim Lessons	2pm - 8pm Lane Swim 2pm - 4pm Open Swim 4pm - 7pm Swim Lessons	2pm - 9pm Lane Swim 2pm - 4pm Open Swim 4pm - 7pm Swim Lessons	2pm - 8pm Lane Swim 2pm - 4pm Open Swim 4pm - 7pm Swim Lessons	2pm - 3pm Senior Swim 3pm - 7pm Lane Swim 4pm - 7pm Swim Lessons	2pm - 3pm Senior Swim 3pm - 7pm Lane Swim 4pm - 7pm Swim Lessons	
*Please note that lane swim program will share pool space with swim lessons from 4pm - 7pm						
7pm - 7:45pm Aqua Fit		Swim 7pm - 7:45pm Aqua Fit				

HOLIDAY HOURS	SWIMMING LESSONS	NOTES
TBD	Summer Swim Lesson Schedule SS3: August 4 - 14 SS4: August 17 - 38	Visit RecEx.ca/Lethbridge to view private rental event bookings.