

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 - 4pm *Facility Hours	1pm - 5:30pm *Facility Hours	CLOSED *Facility Hours
6:30am 9am Lane Swim 8am - 9am Power Jog	6:30am 9am Lane Swim 8am - 9am Aqua Jog	6:30am 9am Lane Swim 8am - 9am Power Jog	6:30am 9am Lane Swim 8am - 9am Aqua Jog	6:30am 9am Lane Swim 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
12pm - 2pm Lane Swim	12pm - 1pm Aqua Fit 12pm - 1pm Lane Swim	12pm - 1pm Aqua Fit 12pm - 1pm Lane Swim	12pm - 1pm Aqua Fit 12pm - 1pm Lane Swim	12pm - 2pm Lane Swim	12pm - 1pm Aqua Fit	Private Rental Space Available
1pm - 2pm AHS ARCP	1pm - 2pm Senior Swim	1pm - 2pm Senior Swim	1pm - 2pm Senior Swim	1pm - 2pm AHS ARCP	1pm - 2pm Swim & Splash	
2pm - 3pm Senior Swim	2pm - 4pm Lane Swim	2pm - 4pm Lane Swim	2pm - 4pm Lane Swim	2pm - 3pm Senior Swim	2pm - 3:30pm Open Swim	
3pm - 4pm Lane Swim	3pm - 4pm Open Swim	3pm - 4pm Open Swim	3pm - 4pm Open Swim	3pm - 4pm Lane Swim	1pm - 5pm Lane Swim	
4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons		
4:30pm - 8pm Swim Club	4:30pm - 8pm Swim Club	4:30pm - 8pm Swim Club	4:30pm - 8pm Swim Club	4:30pm - 8pm Swim Club		
7pm - 7:45pm Aqua Fit	7pm - 8pm Lane Swim	7pm - 7:45pm Aqua Fit	7pm - 8pm Lane Swim			
7:45pm - 9pm Lane Swim		7:45pm - 9pm Lane Swim				

HOLIDAY HOURS	SWIMMING LESSONS	NOTES
Heritage Day - Monday, August 3 CLOSED Henderson Outdoor Pool OPEN (1pm - 7pm) <i>*Weather permitting*</i>	Summer Swim Lesson Schedule SS3: August 4 - 14 SS4: August 17 - 38 <i>No lessons on Monday, August 3</i>	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 - 9pm *Facility Hours	6:30am - 9pm *Facility Hours	6:30am - 9pm *Facility Hours	6:30am - 4pm *Facility Hours	1pm - 5:30pm *Facility Hours	CLOSED *Facility Hours
6:30am - 9am Lane Swim 8am - 9am Power Jog	6:30am - 9am Lane Swim 8am - 9am Aqua Jog	6:30am - 9am Lane Swim 8am - 9am Power Jog	6:30am - 9am Lane Swim 8am - 9am Aqua Jog	6:30am - 9am Lane Swim 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
12pm - 2pm Lane Swim 12pm - 1pm Aqua Fit 1pm - 2pm AHS ARCP	12pm - 1pm Lane Swim 12pm - 1pm AHS Aqua Therapy 1pm - 2pm Senior Swim	12pm - 1pm Lane Swim 12pm - 1pm Aqua Fit 1pm - 2pm Senior Swim	12pm - 1pm Lane Swim 12pm - 1pm AHS Aqua Therapy 1pm - 2pm Senior Swim	12pm - 2pm Lane Swim 12pm - 1pm Aqua Fit 1pm - 2pm AHS ARCP	12pm - 1pm Aqua Fit 1pm - 2pm Swim & Splash 2pm - 3:30pm Open Swim	Private Rental Space Available
2pm - 3pm Senior Swim	2pm - 4pm Lane Swim 2pm - 4pm Open Swim	2pm - 4pm Lane Swim 2pm - 4pm Open Swim	2pm - 4pm Lane Swim 2pm - 4pm Open Swim	2pm - 3pm Senior Swim	1pm - 5pm Lane Swim	
3pm - 4pm Lane 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		
7pm - 9pm Lane Swim 7pm - 7:45pm Aqua Fit	7pm - 8pm Lane Swim	7pm - 9pm Lane Swim 7pm - 7:45pm Aqua Fit	7pm - 8pm Lane Swim			

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.