

FRITZ SICK POOL FALL SWIM LESSONS

SEPTEMBER 21 TO NOVEMBER 28, 2026 | REGISTRATION OPEN ON WEDNESDAY, SEPTEMBER 3 AT 9:00AM

No lessons October 12 & November 11, 2026

Parent & Tot Programs (4 months - 2.9 years) \$67.50				Course Name			Code	Day	Timeslot	Adult Programs (14+ years) \$75.00			
Course Name		Code	Day	Timeslot	Swimmer 2	23868	Mon	4:30-5:00pm	Course Name		Code	Day	Timeslot
Parent & Tot 1 (4 - 12 months)	23878	Mon	4:00-4:30pm	23866		Mon	5:00-5:30pm	Adult 1	23960	Thurs	6:00-6:45pm		
	23881	Wed	4:00-4:30pm	23910		Tues	5:30-6:00pm						
	24057	Sun	10:00-10:30am	23896		Wed	4:30-5:00pm						
				23895		Wed	5:00-5:30pm						
Parent & Tot 2 (1 - 2 years)	23979	Sat	10:00-10:30am	23973		Thurs	5:30-6:00pm	Adult 2	23920	Tues	6:00-6:45pm		
				24016		Sat	9:30-10:00am						
Parent & Tot 3 (2 - 2.9 years)	23980	Sat	10:00-10:30am	24022		Sat	10:30-11:00am	Adult 3	23958	Tues	6:00-6:45pm		
				24085	Sun	9:30-10:00am							
				24086	Sun	10:30-11:00am							
Pre-School Programs (3 years - 5.9 years) \$67.50							23862	Mon	4:00-4:30pm	Lethbridge Tidal Vipers (8+ years) \$180.00			
Course Name		Code	Day	Timeslot	Swimmer 3	23863	Mon	5:00-5:30pm	Course Name		Code	Day	Timeslot
Pre-School 1	23864	Mon	4:00-4:30pm	23897		Wed	4:00-4:30pm	Junior Lifeguard Club	24123	Mon	6:30-8:00pm		
	23865	Mon	5:30-6:00pm	23898		Wed	5:00-5:30pm						
	23867	Mon	6:30-7:00pm	23984		Sat	9:00-9:30am						
	23907	Tues	4:00-4:30pm	24021		Sat	10:30-11:00am		24124	Wed	6:30-8:00pm		
	23906	Tues	4:30-5:00pm	24087		Sun	9:00-9:30am						
	23908	Tues	5:30-6:00pm	24088		Sun	10:30-11:00am						
	23882	Wed	4:30-5:00pm										
	23883	Wed	5:30-6:00pm	Swimmer 4	23876	Mon	4:00-4:30pm	Fall Session - September 14 until December 19, 2026	Take your swimming and lifesaving skills to the next level with the Lethbridge Tidal Vipers Junior Lifeguard Club! Open to swimmers ages 8+, the Tidal Vipers offer both competitive and non-competitive streams, giving swimmers the opportunity to build lifesaving skills, fitness, teamwork, and confidence in a fun and challenging environment.				
	23884	Wed	6:30-7:00pm		23909	Tues	5:00-5:30pm		For further information, please contact tidalvipers@recreationexcellence.com or visit aquatics.lethbridge.ca				
	23963	Thurs	4:00-4:30pm		23899	Wed	4:00-4:30pm		Registration opens on Wednesday, September 2 at 9:00 am				
	23962	Thurs	4:30-5:00pm		23974	Thurs	5:00-5:30pm						
	23964	Thurs	5:30-6:00pm		23978	Sat	9:30-10:00am						
	23981	Sat	10:30-11:00am		24089	Sun	9:30-10:00am						
	23982	Sat	11:00-11:30am	Swimmer 5 \$70.00	23919	Tues	6:00-6:45pm						
	24058	Sun	10:30-11:00am		23975	Thurs	6:00-6:45pm						
	24059	Sun	11:00-11:30am		24024	Sat	11:00-11:45am						
			24090		Sun	11:00-11:45am							
Pre-School 2	23872	Mon	5:30-6:00pm	Swimmer 6 \$70.00	23918	Tues	5:30-6:15pm						
	23873	Mon	6:00-6:30pm		23976	Thurs	5:30-6:15pm						
	23871	Mon	6:30-7:00pm		24025	Sat	11:00-11:45am						
	23913	Tues	4:00-4:30pm		24091	Sun	11:00-11:45am						
	23911	Tues	4:30-5:00pm	Private Program (3+ years) \$250.00									
	23912	Tues	6:00-6:30pm	Course Name		Code	Day	Timeslot	Spartans by RecEx Swim Club (4+ years)				
	23886	Wed	5:30-6:00pm	23877	Mon	4:30-5:00pm	Course Name		Code	Day	Timeslot		
	23887	Wed	6:00-6:30pm	23916	Tues	5:00-5:30pm	Minis 4-6 years \$340.00	24130	Tues	5:00-5:30pm			
	23885	Wed	6:30-7:00pm	23917	Tues	5:00-5:30pm		24132	Thurs	5:00-5:30pm			
	23967	Thurs	4:00-4:30pm	23892	Wed	4:30-5:00pm	Purple 7-9 years \$340.00	24131	Tues	5:00-5:45pm			
	23965	Thurs	4:30-5:00pm	23970	Thurs	5:00-5:30pm		24135	Thurs	5:00-5:45pm			
	23966	Thurs	6:00-6:30pm	23971	Thurs	5:00-5:30pm							
	23983	Sat	9:00-9:30am	24026	Sat	9:00-9:30am	Orange 10-12 years \$340.00	24136	Tues	5:00-5:45pm			
	24023	Sat	11:00-11:30am	24027	Sat	9:00-9:30am		24137	Thurs	5:00-5:45pm			
	24060	Sun	9:00-9:30am	24028	Sat	9:00-9:30am	Green 13-15 years \$360.00	24139	Tues	6:00-7:00pm			
	24061	Sun	11:00-11:30am	24029	Sat	9:30-10:00am		24138	Thurs	6:00-7:00pm			
Pre-School 3	23874	Mon	5:00-5:30pm	24030	Sat	9:30-10:00am	Blue 16+ years \$390.00	24133	Tues	5:45-7:00pm			
	23875	Mon	6:00-6:30pm	24031	Sat	9:30-10:00am		24134	Thurs	5:45-7:00pm			
	23914	Tues	4:30-5:00pm	24032	Sat	10:00-10:30am	Masters 18+ years \$150.00	24128	Tues	6:00-7:00pm			
	23915	Tues	6:30-7:00pm	24033	Sat	10:00-10:30am		24129	Thurs	6:00-7:00pm			
	23888	Wed	5:00-5:30pm	24034	Sat	10:00-10:30am							
	23889	Wed	6:00-6:30pm	24035	Sat	10:30-11:00am							
	23968	Thurs	4:30-5:00pm	24036	Sat	10:30-11:00am							
	23969	Thurs	6:30-7:00pm	24037	Sat	10:30-11:00am							
	24017	Sat	9:30-10:00am	24038	Sat	11:00-11:30am							
	24062	Sun	9:30-10:00am	24039	Sat	11:00-11:30am							
Pre-School 4	23879	Mon	5:30-6:00pm	24040	Sat	11:00-11:30am	Fall Session - September 15 until December 3, 2026						
	23890	Wed	5:30-6:00pm	24041	Sat	11:30-12:00pm	Spartans by RecEx offers non-competitive swim sessions from September to April out of Fritz Sick Pool. Our trained coaches focus and strive to fine tune all aspects of the sport including diving, turning, stroke detailing, to preparing for a swim meet. Spartans is designed for swimmers who are ready to build on the skills they have learned in swimming lessons and continue progressing in a fun, team-focused environment.						
	24019	Sat	10:00-10:30am	24042	Sat	11:30-12:00pm	For further information, please contact spartans@recreationexcellence.com or visit aquatics.lethbridge.ca						
	24063	Sat	10:00-10:30am	24043	Sat	11:30-12:00pm	Registration opens on Wednesday, August 26 at 9:00 am						
Pre-School 5	23880	Mon	5:30-6:00pm	24065	Sun	9:00-9:30am							
	23891	Wed	5:30-6:00pm	24066	Sun	9:00-9:30am							
	24020	Sat	10:00-10:30am	24067	Sun	9:00-9:30am							
	24064	Sat	10:00-10:30am	24068	Sun	9:30-10:00am							
School Age Programs (6 years - 14 years) \$67.50							24069	Sun	9:30-10:00am				
Course Name		Code	Day	Timeslot	Swimmer 1 <td>24070</td> <td>Sun</td> <td>9:30-10:00am</td> <td></td> <td></td> <td></td>	24070	Sun	9:30-10:00am					
Swimmer 1	23869	Mon	6:00-6:30pm	24071		Sun	10:00-10:30am						
	23870	Mon	6:30-7:00pm	24072		Sun	10:00-10:30am						
	23903	Tues	4:00-4:30pm	24073		Sun	10:00-10:30am						
	23893	Wed	6:00-6:30pm	24074		Sun	10:30-11:00am						
	23894	Wed	6:30-7:00pm	24075		Sun	10:30-11:00am						
	23972	Thurs	4:00-4:30pm	24076		Sun	10:30-11:00am						
	23977	Sat	9:00-9:30am	24077		Sun	11:00-11:30am						
	24018	Sat	10:00-10:30am	24078		Sun	11:00-11:30am						
	24083	Sun	9:00-9:30am	24079		Sun	11:00-11:30am						
	24084	Sun	10:00-10:30am	24080		Sun	11:30-12:00pm						
				24081		Sun	11:30-12:00pm						
				24082	Sun	11:30-12:00pm							