

FRITZ SICK LEISURE CENTRE SCHEDULE

SEPTEMBER 1 - 20, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am - 9pm *Facility Hours	6:30am - 5pm *Facility Hours	6:30am - 9pm *Facility Hours	6:30am - 5pm *Facility Hours	6:30am - 4pm *Facility Hours	1pm - 5:30pm *Facility Hours	CLOSED *Facility Hours
6:30am - 1pm Lane Swim	6:30am - 1pm Lane Swim	6:30am - 1pm Lane Swim	6:30am - 1pm Lane Swim	6:30am - 1pm Lane Swim		
8am - 9am Power Jog		8am - 9am Power Jog		8am - 9am Power Jog		
9am - 10am Senior Aqua Fit	9am - 10am Aqua Jog	9am - 10am Senior Aqua Fit	9am - 10am Aqua Jog	9am - 10am Senior Aqua Fit		9am - 6:30pm Private Rental Space Available
	10am - 11am Aqua Zumba	10am - 11am AHS AquaLite	10am - 11am Aqua Zumba	10am - 11am AHS AquaLite		
	11:30am - 12:30pm AHS Aqua Therapy		11:30am - 12:30pm AHS Aqua Therapy			
12pm - 1pm Aqua Fit		12pm - 1pm Aqua Fit		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 - 7pm Lane Swim	2pm - 5pm Lane Swim	2pm - 7pm Lane Swim	2pm - 5pm Lane Swim	2pm - 5pm Lane Swim	2pm - 3:30pm Open Swim	
2pm - 7pm Open Swim	3pm - 4pm AHS Aqua Lite	2pm - 7pm Open Swim	2pm - 5pm Open Swim	2pm - 5pm Open Swim		
7pm - 7:45pm Aqua Fit		7pm - 7:45pm Aqua Fit				
7:45pm - 9pm Lane Swim		7:45pm - 9pm Lane Swim				

HOLIDAY HOURS

Labour Day - Monday, September 7, 2026 (CLOSED)

Henderson Outdoor Pool open from 1pm until 7pm (weather permitting)

PROGRAMMING

Fall Swimming Lessons

September 21 - November 28

No lessons October 10, 12 & November 11

NOTES

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

FRITZ SICK LEISURE CENTRE SCHEDULE

SEPTEMBER 21 - 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am - 9pm *Facility Hours	6:30am - 5pm *Facility Hours	6:30am - 9pm *Facility Hours	6:30am - 5pm *Facility Hours	6:30am - 4pm *Facility Hours	1pm - 5:30pm *Facility Hours	CLOSED *Facility Hours
6:30am - 1pm Lane Swim	6:30am - 1pm Lane Swim	6:30am - 1pm Lane Swim	6:30am - 1pm Lane Swim	6:30am - 1pm Lane Swim		
8am - 9am Power Jog		8am - 9am Power Jog		8am - 9am Power Jog		
9am - 10am Senior Aqua Fit	9am - 10am Aqua Jog	9am - 10am Senior Aqua Fit	9am - 10am Aqua Jog	9am - 10am Senior Aqua Fit	9am - 12pm Swim Lessons	9am - 12pm Swim Lessons
	10am - 11am Aqua Zumba	10am - 11am AHS AquaLite	10am - 11am Aqua Zumba	10am - 11am AHS AquaLite		
	11:30am - 12:30pm AHS Aqua Therapy		11:30am - 12:30pm AHS Aqua Therapy			
12pm - 1pm Aqua Fit		12pm - 1pm Aqua Fit		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 - 4pm Lane Swim	2pm - 4pm Lane Swim	2pm - 4pm Lane Swim	2pm - 4pm Lane Swim	2pm - 4pm Lane Swim		
2pm - 4pm Open Swim	2pm - 3pm Open Swim	2pm - 4pm Open Swim	2pm - 4pm Open Swim	2pm - 4pm Open Swim	1pm - 2pm Swim & Splash	
	3pm - 4pm AHS Aqua Lite				2pm - 3:30pm Open Swim	
4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons		
6:30pm - 8pm Swim Club	5pm - 7pm Swim Club	6:30pm - 8pm Swim Club	5pm - 7pm Swim Club			
7pm - 7:45pm Aqua Fit	7pm - 8pm Lane Swim	7pm - 7:45pm Aqua Fit	7pm - 8pm Lane Swim	7pm - 8pm Lane Swim		
7:45pm - 9pm Lane Swim		7:45pm - 9pm Lane Swim				
						12pm - 6:30pm Private Rental Space Available

HOLIDAY HOURS
Thanksgiving Day - Monday, October 12 - CLOSED
Stan Siwik Pool open from 1pm until 5pm

PROGRAMMING
Fall Swimming Lessons
September 21 - November 28
<i>No lessons October 10, 12 & November 11</i>

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

Fritz Sick Pool
420 11 St S
403-320-3109

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