

FRITZ SICK POOL FALL SWIM LESSONS

SEPTEMBER 21 TO NOVEMBER 28, 2026 | REGISTRATION OPEN ON THURSDAY, 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					Course Name	Code	Day	Timeslot				
Parent & Tot 1 (4 - 12 months)	23878	Mon	4:00-4:30pm					Swimmer 2	23868	Mon	4:30-5:00pm	Adult 1	23960	Thurs	6:00-6:45pm
	23881	Wed	4:00-4:30pm						23866	Mon	5:00-5:30pm				
	24057	Sun	10:00-10:30am	23910	Tues	5:30-6:00pm									
Parent & Tot 2 (1 - 2 years)	23979	Sat	10:00-10:30am	23896	Wed	4:30-5:00pm	Adult 2		23920	Tues	6:00-6:45pm				
				23895	Wed	5:00-5:30pm									
Parent & Tot 3 (2 - 2.9 years)	23980	Sat	10:00-10:30am	23973	Thurs	5:30-6:00pm						Adult 3	23958	Tues	6:00-6:45pm
				24016	Sat	9:30-10:00am									
					24022	Sat	10:30-11:00am								
					24085	Sun	9:30-10:00am								
					24086	Sun	10:30-11:00am								
Pre-School Programs (3 years - 5.9 years) \$67.50								Lethbridge Tidal Vipers (8+ years) \$156.00							
Course Name	Code	Day	Timeslot					Course Name	Code	Day	Timeslot				
Pre-School 1	23864	Mon	4:00-4:30pm					Swimmer 3	23862	Mon	4:00-4:30pm	Junior Lifeguard Club	24123	Mon	6:30-8:00pm
	23865	Mon	5:30-6:00pm						23863	Mon	5:00-5:30pm				
	23867	Mon	6:30-7:00pm	23897	Wed	4:00-4:30pm									
	23907	Tues	4:00-4:30pm	23898	Wed	5:00-5:30pm									
	23906	Tues	4:30-5:00pm	23984	Sat	9:00-9:30am									
	23908	Tues	5:30-6:00pm	24021	Sat	10:30-11:00am									
	23882	Wed	4:30-5:00pm	Swimmer 4	24087	Sun	9:00-9:30am								
	23883	Wed	5:30-6:00pm		24088	Sun	10:30-11:00am								
	23884	Wed	6:30-7:00pm		23876	Mon	4:00-4:30pm								
	23963	Thurs	4:00-4:30pm		23909	Tues	5:00-5:30pm								
	23962	Thurs	4:30-5:00pm		23899	Wed	4:00-4:30pm								
	23964	Thurs	5:30-6:00pm		23974	Thurs	5:00-5:30pm								
	23981	Sat	10:30-11:00am	Swimmer 5 \$70.00	23978	Sat	9:30-10:00am								
	23982	Sat	11:00-11:30am		24089	Sun	9:30-10:00am								
	24058	Sun	10:30-11:00am		23919	Tues	6:00-6:45pm								
	24059	Sun	11:00-11:30am		23975	Thurs	6:00-6:45pm								
Pre-School 2	23872	Mon	5:30-6:00pm	Swimmer 6 \$70.00	24024	Sat	11:00-11:45am								
	23873	Mon	6:00-6:30pm		24090	Sun	11:00-11:45am								
	23871	Mon	6:30-7:00pm		23918	Tues	5:30-6:15pm								
	23913	Tues	4:00-4:30pm		23976	Thurs	5:30-6:15pm								
	23911	Tues	4:30-5:00pm		24025	Sat	11:00-11:45am								
	23912	Tues	6:00-6:30pm		24091	Sun	11:00-11:45am								
	23886	Wed	5:30-6:00pm	Private Program (3+ years) \$250.00				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.							
	23887	Wed	6:00-6:30pm	For further information, please contact tidalvipers@recreationexcellence.com or visit aquatics.lethbridge.ca											
	23885	Wed	6:30-7:00pm	Course Name	Code	Day	Timeslot	Registration opens on Wednesday, September 2 at 9:00 am	Spartans by RecEx Swim Club (4+ years)						
	23967	Thurs	4:00-4:30pm						Course Name	Code	Day	Timeslot			
	23965	Thurs	4:30-5:00pm						Minis 4-6 years \$168.00	24130	Tues	5:00-5:30pm			
	23966	Thurs	6:00-6:30pm							24132	Thurs	5:00-5:30pm			
	23983	Sat	9:00-9:30am						Purple 7-9 years \$180.00	24131	Tues	5:00-5:45pm			
	24023	Sat	11:00-11:30am							24135	Thurs	5:00-5:45pm			
	24060	Sun	9:00-9:30am						Orange 10-12 years \$180.00	24136	Tues	5:00-5:45pm			
	24061	Sun	11:00-11:30am							24137	Thurs	5:00-5:45pm			
Pre-School 3	23874	Mon	5:00-5:30pm						Green 13-15 years \$192.00	24139	Tues	6:00-7:00pm			
	23875	Mon	6:00-6:30pm							24138	Thurs	6:00-7:00pm			
	23914	Tues	4:30-5:00pm						Blue 16+ years \$216.00	24133	Tues	5:45-7:00pm			
	23915	Tues	6:30-7:00pm							24134	Thurs	5:45-7:00pm			
	23888	Wed	5:00-5:30pm						Masters 18+ years \$120.00	24128	Tues	6:00-7:00pm			
	23889	Wed	6:00-6:30pm							24129	Thurs	6:00-7:00pm			
	23968	Thurs	4:30-5:00pm						Fall Session - September 15 until December 3, 2026						
	23969	Thurs	6:30-7:00pm												
24017	Sat	9:30-10:00am													
24062	Sun	9:30-10:00am													
Pre-School 4	23879	Mon	5:30-6:00pm	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.											
	23890	Wed	5:30-6:00pm												
	24019	Sat	10:00-10:30am												
	24063	Sat	10:00-10:30am												
Pre-School 5	23880	Mon	5:30-6:00pm					For further information, please contact spartans@recreationexcellence.com or visit aquatics.lethbridge.ca							
	23891	Wed	5:30-6:00pm												
	24020	Sat	10:00-10:30am												
	24064	Sat	10:00-10:30am												
School Age Programs (6 years - 14 years) \$67.50												Registration opens on Wednesday, August 26 at 9:00 am			
Course Name	Code	Day	Timeslot												
Swimmer 1	23869	Mon	6:00-6:30pm												
	23870	Mon	6:30-7:00pm												
	23903	Tues	4:00-4:30pm												
	23893	Wed	6:00-6:30pm												
	23894	Wed	6:30-7:00pm												
	23972	Thurs	4:00-4:30pm												
	23977	Sat	9:00-9:30am												
	24018	Sat	10:00-10:30am												
	24083	Sun	9:00-9:30am												
	24084	Sun	10:00-10:30am												