

STAN SIWIK POOL SCHEDULE

SEPTEMBER 1 - 20, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am - 9:30pm *Facility Hours	9am - 9pm *Facility Hours	9am - 9:30pm *Facility Hours	9am - 9pm *Facility Hours	9am - 8:30pm *Facility Hours	12pm - 7pm *Facility Hours	1pm - 4pm *Facility Hours
9am - 10:15am Lane Swim	9am - 10am Lane Swim	9am - 10:15am Lane Swim	9am - 10am Lane Swim	9am - 10:15am Lane Swim	9am - 12pm Private Rental Space Available	9am - 1pm Private Rental Space Available
9am - 1pm Swim & Splash	9am - 10am Swim & Splash	9am - 1pm Swim & Splash	9am - 10am Swim & Splash	9am - 1pm Swim & Splash		
10:30am - 11:30am Aqua Jog	10am - 11:30am Open Swim	10:30am - 11:30am Aqua Jog	10am - 11:30am Open Swim	10:30am - 11:30am Aqua Jog		
11:30am - 1pm Lane Swim	11:30am - 1pm Lane Swim	11:30am - 1pm Lane Swim	11:30am - 1pm Lane Swim	11:30am - 1pm Lane Swim	12pm - 2pm Open Swim	
1pm - 3pm Open Swim	1pm - 3pm Open Swim	1pm - 3pm Open Swim	1pm - 3pm Open Swim	1pm - 2pm Senior Swim		1pm - 3pm Open Swim
					2pm - 3pm Lane Swim	
3pm - 4pm Senior Swim	3pm - 4pm Lane Swim	3pm - 4pm Senior Swim	3pm - 4pm Lane Swim	2pm - 4:30pm Open Swim	2pm - 3pm Swim & Splash	
4pm - 5:30pm Lane Swim	4pm - 5:30pm Open Swim	4pm - 5:30pm Lane Swim	4pm - 5:30pm Open Swim		3pm - 4pm Family Swim	3pm - 4pm Lane Swim
4pm - 5:30pm Swim & Splash		4pm - 5:30pm Swim & Splash		4:30pm - 5:30pm Lane Swim	4pm - 6pm Open Swim	
5:30pm - 7:45pm Open Swim	5:30pm - 7pm Lane Swim	5:30pm - 7:45pm Open Swim	5:30pm - 7pm Lane Swim	5:30pm - 7pm Open Swim		4pm - 7pm Private Rental Space Available
	7:15pm - 8pm Aqua Jog		7:15pm - 8pm Aqua Jog		6pm - 7pm Lane Swim	
8pm - 8:45pm Aqua Jog	8pm - 9pm Lane Swim	8pm - 8:45pm Aqua Jog	8pm - 9pm Lane Swim	7pm - 8:30pm Lane Swim	6pm - 7pm Leisure Swim	
8:45pm - 9:30pm Lane Swim		8:45pm - 9:30pm Lane Swim			7pm - 9pm Private Rental Space Available	

HOLIDAY HOURS

Labour Day - Monday, September 7
CLOSED

Henderson Outdoor Pool - OPEN
1pm - 7pm (weather permitting)

PROGRAMMING

Fall Swimming Lessons
September 21 - November 28
No lessons October 10, 12 & November 11

Womens Only Swim
September 25, 2026, 2:15pm
until 3:15pm (open swim will run from 3:30pm to 4:30pm this day)

NOTES

*The hot tub and gym are open to the public during facility hours unless otherwise specified.

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

STAN SIWIK POOL SCHEDULE

SEPTEMBER 21 - 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am - 9:30pm *Facility Hours	9am - 9pm *Facility Hours	9am - 9:30pm *Facility Hours	9am - 9pm *Facility Hours	9am - 8:30pm *Facility Hours	12pm - 7pm *Facility Hours	1pm - 4pm *Facility Hours
9am - 10:15am Lane Swim	9am - 10am Lane Swim	9am - 10:15am Lane Swim	9am - 10am Lane Swim	9am - 10:15am Lane Swim	9am - 12pm Swim Lessons	9am - 12pm Swim Lessons
9am - 11:30am Swim Lessons	9am - 11:30am Swim Lessons		9am - 11:30am Swim Lessons	9am - 11:30am Swim Lessons		
10:30am - 11:30am Aqua Jog	10am - 11:30am Open Swim	10:30am - 11:30am Aqua Jog	10am - 11:30am Open Swim	10:30am - 11:30am Aqua Jog	*HOT TUB & GYM CLOSED DURING LESSONS 9AM - 12PM*	
11:30am - 1pm Lane Swim	11:30am - 1pm Lane Swim	11:30am - 1pm Lane Swim	11:30am - 1pm Lane Swim	11:30am - 1pm Lane Swim		
11:30am - 1pm Swim & Splash	11:30am - 1pm Swim & Splash	11:30am - 1pm Swim & Splash	11:30am - 1pm Swim & Splash	11:30am - 1pm Swim & Splash		
1pm - 3pm Open Swim	1pm - 3pm Open Swim	1pm - 3pm Open Swim	1pm - 3pm Open Swim	1pm - 2pm Senior Swim	12pm - 2pm Open Swim	1pm - 3pm Open Swim
3pm - 4pm Senior Swim	3pm - 4pm Lane Swim	3pm - 4pm Senior Swim	3pm - 4pm Lane Swim	2pm - 4:30pm Open Swim	2pm - 3pm Lane Swim	3pm - 4pm Lane Swim
4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4pm - 7pm Swim Lessons	4:30pm - 5:30pm Lane Swim	4pm - 6pm Open Swim	4pm - 7pm Private Rental Space Available
7pm - 7:45pm Adult Swim Lessons		7pm - 7:45pm Adult Swim Lessons		5:30pm - 7pm Open Swim	6pm - 7pm Lane Swim	
HOT TUB & GYM CLOSED DURING LESSONS 4PM - 7PM						
7pm - 8pm Open Swim	7:15pm - 8pm Aqua Jog	7pm - 8pm Open Swim	7:15pm - 8pm Aqua Jog	7pm - 8:30pm Lane Swim	7pm - 9pm Private Rental Space Available	
8pm - 8:45pm Aqua Jog	8pm - 9pm Lane Swim	8pm - 8:45pm Aqua Jog	8pm - 9pm Lane Swim			
8:45pm - 9:30pm Lane Swim		8:45pm - 9:30pm Lane Swim				

HOLIDAY HOURS

Thanksgiving Day

Monday, October 12, 2026

Facility open from 1pm until 5pm

(open swim 1pm until 4pm, lane from 4pm until 5pm)

PROGRAMMING

Fall Swimming Lessons

September 21 - November 28

No lessons October 10, 12 & November 11

Womens Only Swim

September 25, 2026, 2:15pm

until 3:15pm (open swim will run from 3:30pm to 4:30pm this day)

NOTES

*The hot tub and gym are open to the public during facility hours unless otherwise specified.

Visit [RecEx.ca/Lethbridge](https://recex.ca/Lethbridge) to view private rental event bookings.