

FALL & WINTER AQUATIC FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRITZ SICK POOL	Power Jog 8am - 9am	AquaJog 9am - 10am	Power Jog 8am - 9am	AquaJog 9am - 10am	Power Jog 8am - 9am
	Senior AquaFit 9am - 10am	AquaZumba 10am - 11am	Senior AquaFit 9am - 10am	AquaZumba 10am - 11am	Senior AquaFit 9am - 10am
	AquaFit 12pm - 1pm	AHS AquaTherapy 11:30am - 12:30pm	AHS AquaLite 10am - 11am	AHS AquaTherapy 11:30am - 12:30pm	AHS AquaLite 10am - 11am
	AHS ARCP 1pm - 2pm	AHS AquaLite 3pm - 4pm	AquaFit 12pm - 1pm		AquaFit 12pm - 1pm
	AquaFit 7pm - 7:45pm		AquaFit 7pm - 7:45pm		AHS ARCP 1pm - 2pm
STAN SIWIK POOL	AquaJog 10:30am - 11:30am	AquaJog 7:15pm - 8pm	AquaJog 10:30am - 11:30am	AquaJog 7:15pm - 8pm	AquaJog 10:30am - 11:30am
	AquaJog 8pm - 8:45pm		AquaJog 8pm - 8:45pm		
NICHOLAS SHERAN POOL	CLOSED UNTIL NOVEMBER 2026 DUE TO FACILITY UPGRADES ALL FITNESS CLASSES HAVE BEEN RELOCATED TO FRITZ SICK POOL				

STAY CONNECTED WITH US.

recex.ca/lethbridge | leth@recreationexcellence.com | aquatics.lethbridge.ca

Stan Siwik Pool 403.320.3054 • Nicholas Sheran 403.320.3046 • Fritz Sick Pool 403.320.3109 • Henderson Outdoor Pool 403.320.3056