

FRITZ SICK LEISURE CENTRE SCHEDULE

NOVEMBER 2026

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

HOLIDAY HOURS	PROGRAMMING	NOTES
Remembrance Day - Wednesday, November 11, 2026 - CLOSED Stan Siwik Pool open from 1pm until 5pm	Fall Swimming Lessons September 21 - November 29 <i>Last week of swimming lessons is November 23 to 29</i>	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