FRITZ SICK LEISURE CENTRE SCHEDULE

DECEMBER 1 - 19, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am - 2pm *Facility Hours	6:30am - 2pm *Facility Hours	6:30am - 2pm *Facility Hours	6:30am - 2pm *Facility Hours	6:30am - 2pm *Facility Hours	CLOSED *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 - 11am Private Rental Space Available	
	10am -11am Aqua Zumba	10am - 11am AHS AquaLite	10am -11am Aqua Zumba	10am - 11am AHS AquaLite		
12pm - 1pm Aqua Fit		12pm - 1pm Aqua Fit		12pm - 1pm Aqua Fit	11am - 1 pm Tidal Vipers Junior Lifeguard Club	Private Rental Space Available
1pm - 2pm Senior Swim	1pm - 2pm Senior Swim	1pm - 2pm Senior Swim	1pm - 2pm Senior Swim	1pm - 2pm Senior Swim	Private Rental Space Available	
6:30pm - 8pm Tidal Vipers Junior Lifeguard Club	5pm - 7pm Spartans Aquatic Club	6:30pm - 8pm Tidal Vipers Junior Lifeguard Club	5pm - 7pm Spartans Aquatic Club	6:30pm - 8pm Tidal Vipers Junior Lifeguard Club		
NO PUBLIC PROGRAMMING AVAILABLE DURING SWIM CLUB HOURS						

SCHEDULE NOTES

SWIMMING LESSONS

Winter 2027 Swim Lesson Registration
Wednesday, December 9, 2026 at 9:00 AM

PRIVATE RENTALS

Visit RecEx.ca/Lethbridge for information and inquiries about private rental event bookings.

HOLIDAY CLOSURES HOURS

Christmas Day – Friday, December 25, 2026 | **CLOSED**
New Years Day – Friday, January 1, 2027 | **CLOSED**

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

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