



Fritz Sick Pool



February 1 - 28 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim						1:00-4:00pm	CLOSED
Condition Swim	6:30-1:00pm 3:00-5:00pm 6:00-9:00pm	9:00-1:00pm 3:00-5:30pm 6:00-9:00pm	6:30-1:00pm 3:00-5:00pm 6:00-9:00pm	9:00-1:00pm 3:00-5:30pm 6:00-9:00pm	6:30-1:00pm 3:00-8:00pm	12:00-4:00pm	CLOSED
Seniors Swim \$1 For 1 Hour	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm		CLOSED
Aqua Fit	12:00-1:00pm 7:00-8:00pm	9:15-10:15am	12:00-1:00pm 7:00-8:00pm	9:15-10:15am	12:00-1:00pm 7:00-8:00pm		CLOSED
Swim Clubs	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm			CLOSED
Senior Aquafit		10:30-11:30am		10:30-11:30am			CLOSED
Masters		5:30-6:30pm		5:30-6:30pm			CLOSED
Aqua Jog		12:00-1:00pm 7:00-8:00pm		12:00-1:00pm 7:00-8:00pm		12:00-1:00pm	CLOSED
Hours of Operation	6:30am-1:00pm 2:00pm-9:00pm	9:00am-1:00pm 2:00pm-9:00pm	6:30am-1:00pm 2:00pm-9:00pm	9:00am-1:00pm 2:00pm-9:00pm	6:30am-1:00pm 2:00pm-8:00pm	12:00-4:00pm	CLOSED

Pool space may be shared at any time depending on program requirements.

Holiday Hours

Feb 19	Family Day	CLOSED	(Nicholas / Siwik 1 - 5pm)
Mar 30	Good Friday	CLOSED	(Siwik 1 - 5pm)
Apr 02	Easter Monday	CLOSED	(Nicholas 1 - 5pm)

Spartans Swim Club

- Mon & Wed 4:30-5pm (4 lanes) / 5:00 - 6:00pm (whole pool) / 6:00 - 6:30pm (4 lanes)
- Tue & Thu 4:30-5:30pm (4 lanes) / 5:30 - 6:00pm (whole pool) / 6:00 - 6:30pm (4 lanes)

Fitness Programs

The New Year often brings new resolutions. If one of yours is to work on your fitness level then check out our Aquatic Fitness programs. AquaFit and AquaJog are fun, low impact exercises to help increase your level of fitness. Join us in the water!!!

Fitness Goals

Stick with your fitness routine! - after 21 days it becomes a habit that you won't want to give up. If you haven't started yet now is the perfect time! Come join one of our aqua fit or aqua jog classes and have some fun working out!

Pool Schedule

Please look for postings at the pool for lane scheduling and additional swim times.

Visit the City of Lethbridge web site at
www.lethbridge.ca/leisure
 for more Aquatic information.

420 - 11 Street South / Phone: 320-3109

