



# Fritz Sick Pool

## January 1 - 31 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
Waterfit	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 Waterfit		10:30-11:30am		10:30-11:30am			CLOSED
Masters		5:45-6:45pm		5:45-6:45pm			CLOSED
Deepwater 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

Dec 24	Christmas Eve	CLOSED	(Nicholas/Siwik 12-4pm)
Dec 25	Christmas Day	CLOSED	
Dec 26	Boxing Day	CLOSED	(Nicholas/Siwik 1 - 5pm)
Dec 31	New Years Eve	CLOSED	(Nicholas/Siwik 12-4pm)
Jan 01	New Years Day	CLOSED	

### Spartans Swim Club

- Come out and try Free Trial Week! : Jan 8th-11th 5:00 - 6:00PM
- Session two times: Monday - Thursday 4:30 - 6:30pm Saturday 10:30am - 12:00pm

**Happy New Year and all the best in 2018 - We hope you had a great holiday season!!**

### 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!!!

### 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](http://www.lethbridge.ca/leisure)  
 for more Aquatic information.

**420 - 11 Street South / Phone: 320-3109**

