



# Nicholas Sheran Leisure Centre

## February 1 - 28 Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim	10:00-11:30am 1:00-3:30pm 6:30-8:00pm	9:00-11:30am 1:00-3:30pm 6:30-8:00pm	10:00-11:30am 1:00-3:30pm 6:30-8:00pm	9:00-11:30am 1:00-3:30pm 6:30-8:00pm	10:00-11:30am 2:00-4:30pm 5:30-7:00pm	2:30-5:30pm	1:00-3:30pm 4:30-7:00pm
Aquatic Renewal for Chronic Pain					1:00-2:00pm		
Senior Swim (\$1.00)					4:30-5:30pm		
Condition Swim	11:30-1:00pm 8:45-9:30pm	11:30-1:00pm 8:45-9:30pm	11:30-1:00pm 8:45-9:30pm	11:30-1:00pm 8:45-9:30pm	11:30-1:00pm 7:00-8:00pm	12:00-1:00pm 5:30-6:30pm	3:30-4:30pm 7:00-8:00pm
AquaFit	9:00-10:00am 8:00-8:45pm	8:00-8:45pm	9:00-10:00am 8:00-8:45pm	8:00-8:45pm	9:00-10:00am		
Family Swim						1:00-2:30pm	
Lessons End Mar 29, 2018		9:15-11:15am No Classes Feb 17 & 19 3:30-6:30pm	3:30-6:30pm	9:15-11:15am 3:30-6:30pm		9:00-12:00pm	
Fitness Area & Hot Tub	9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	9:00am-8:00pm	12:00-6:30pm	1:00-8:00pm

Pool space may be shared at any time

### Holiday Hours

Feb 19	Family Day	1 - 4pm 4 - 5pm	Open Swim Cond Swim
Mar 30	Good Friday	CLOSED	(Siwik 1 - 5pm)
Apr 02	Easter Monday	1 - 4pm 4 - 5pm	Open Swim Cond Swim

### Lessons - Spring 2018 Session

Registration for the 2018 Spring Lesson Session at Nicholas Sheran Pool will begin on Tuesday Mar 6, 2018 at 9am. Registration for lessons at Stan Siwik pool opens on Tuesday Mar 13, 2018 at 9am. Call or register in person.

### Private Rentals

Are you looking for something to do for your family, organization or business? Book a private rental at the pool. Rates are very reasonable and it's a great time for everyone. Contact the pool for availability and bookings.

### Aquatic Advanced Courses

Check out the Advanced Course page for training to become an Instructor / Lifeguard.

### 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 AquaFit classes and have some fun working out!

Visit the City of Lethbridge web site at  
[www.lethbridge.ca/leisure](http://www.lethbridge.ca/leisure)  
for more Aquatic information.

**401 Laval Boulevard West / Phone: 320-3046**

