

Ideas to Stay or Get Active!

The 1st Choice Savings Centre for Sport and Wellness within the University of Lethbridge includes the Ascent Climbing Centre, Fitness Centre, three gymnasiums, indoor track, and Max Bell Regional Aquatic Centre. Students are granted access to all facilities through scanning their Student Identification Card after paying tuition and fees. Individual and group personal training programs are available for an additional fee. The University of Lethbridge also offers group fitness classes and programs included in their fitness centre membership.



Things to do In and Around Lethbridge

[Hiking 260km of trails](#)

[Henderson Pool](#)

[Summer Activities in Lethbridge](#)

[Park Lake Provincial Park](#)

[Lethbridge Corn Maze](#)

[Stafford Lake Resort](#)

[Downtown Walking Mural Tour](#)

[Bocce Ball & Horseshoes](#)

[Exploring the Helen Schuler Nature Centre](#)



Highlight some activities you would like to try.

Dance

Powerlifting

Hiking

Biking

Walking

Running

Swimming

Weightlifting

Rock climbing

Horse riding

Baseball/softball

Hockey

Skating

Figure skating

Soccer

Dodgeball

Yoga

Jump rope

Skiing

Volleyball

Curling

Badminton

Tennis

Pickleball

Track & field

Spin class

Pilates

Disc golf

Golf

Dog walking

Other:

Other:

Other:

Which 2 activities do you want to participate in this year?

What's your motivation to improve your physical/mental health?

What step(s) will you take to improve your physical/mental health?

