

# Experience Recreation

For the active type, Lethbridge has no shortage of options. Pick up a broom or lace up your skates and hit the ice at the brand new ATB Centre, a 125,000 sq ft. state-of-the-art facility that includes two NHL-sized ice arenas (one of six ice centres in the city) and a 10-sheet curling rink.----- Phase 2 is expected to open in 2019 and will include an aquatics centre, multi-sport field house, fitness centre, indoor track, and much more. Beat the heat in summertime at the brand new Henderson Lake outdoor swimming pool and water park, or explore the city's more than 200 km of paved trails for walking, running, and cycling.

Lethbridge is also a golfer's paradise with five excellent courses within city limits (including of Paradise Canyon Golf Resort, the number one course in Southern Alberta and one of Golf Digest Magazine's top 60 courses in Canada) and a dozen more within a 30-minute drive of the city. For armchair athletes, there's the 5,000-seat ENMAX Centre, home to the Western Hockey League's Lethbridge Hurricanes as well as numerous other events, as well as Spitz Stadium where the Lethbridge Bulls of the Western Major Baseball League play ball.