

NATIONAL HEALTH & FITNESS DAY

June 4, 2022

The City of Winnipeg is offering **FREE** access to aquatic & recreation facilities on June 4, 2022 to celebrate National Health & Fitness Day.

Public entry requirements and capacity restrictions apply.

NEW! Specialized Health & Fitness Day workshops

How to set up your leisureONLINE account • 1–4 p.m.
Fort Rouge Leisure Centre, 625 Osborne St.

Improve your swimming skills • 1–4 p.m.
St. James Assiniboia Centennial Pool, 644 Parkdale St.
Seven Oaks Pool, 444 Adsum Dr.

Introduction to Urban Poling* • 1–2 p.m.
Held in conjunction with Manitoba Fitness Council
Pan Am Pool, 25 Poseidon Bay

*Space is limited, first-come first-served basis

