St. James Civic Centre Pool

Drop-in fitness schedule

2055 Ness Ave.

Schedule effective September 29 – December 14, 2024

Facility closures:
National Day for Truth and Reconciliation – Monday, September 30
Thanksgiving Day – Monday, October 14
Remembrance Day – Monday, November 11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
–	–	**Weights** 7:30 - 8:20 a.m.	–	**Weights** 7:30 - 8:20 a.m.	–	–
Weights 11:30 – 12:20 a.m. Starts October 6	**Aqualite** 8:45 - 9:30 a.m.	**Aqualite - Deep** 8:30 - 9:15 a.m.	**Aqualite** 8:45 - 9:30 a.m.	**Aqualite - Deep** 8:30 - 9:15 a.m.	**Aqualite** 8:45 - 9:30 a.m.	–
Combo Aqua 12:30 a.m. - 1:30p.m. Starts October 6	**Aqualite** 9:30 - 10:15 a.m.	**Aqualite – Shallow** 9:15 - 10 a.m.	**Aqualite – Deep** 10:30 - 11:15 a.m.	**Aqualite – Shallow** 9:15 - 10 a.m.	–	**Combo Aqua** 11:30 a.m. - 12:30p.m.
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–	**Combo Aqua** 6:35 - 7:35 p.m.	–	**Combo Aqua** 7:30 - 8:30 p.m.	–	–	–

Reserve an available space using your Active Living membership. winnipeg.ca/dropinfitness
Check in-person registration times at the facility of your choice.
For registration information, go to winnipeg.ca/cms/recreation/leisure/registration.stm.
Hours are subject to change. Call 311 or visit winnipeg.ca/pools for up–to–date schedule information.

Last updated: Tuesday, October 1, 2024