



# St. James Civic Centre Pool

## Drop-in fitness schedule

2055 Ness Ave.

Schedule effective October 1– December 16 2023

**Facility closures:**  
 Thanksgiving – Monday, October 9  
 Remembrance Day – Saturday,  
 November 11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-	-	<b>Weights</b> 7:30 – 8:20 a.m.	-	<b>Weights</b> 7:30 – 8:20 a.m.	-	-
-	<b>Aqualite – Shallow</b> 8:45 – 9:30 a.m.	<b>Aqualite - Deep</b> 8:30 – 9:15 a.m.	<b>Aqualite – Combo</b> 8:45 – 9:30 a.m.	<b>Aqualite - Deep</b> 8:30 – 9:15 a.m.	<b>Aqualite - Combo</b> 8:45 – 9:30 a.m.	-
<b>Weights</b> 11:30 – 12:20 p.m. October 15 – December 17	<b>Aqualite – Shallow</b> 9:30 – 10:15 a.m.	<b>Aqualite – Shallow</b> 9:15 – 10 a.m.	<b>Aqualite – Deep</b> 10:30 – 11:15 a.m.	<b>Aqualite – Shallow</b> 9:15 – 10 a.m.	-	-
<b>Combo Aqua</b> 12:30 – 1:30 p.m. October 15 – December 17	-	-	-	-	-	<b>Aquafit – Combo</b> 11:30 – 12:30 p.m.
-	<b>Combo Aqua</b> 6:30 – 7:30 p.m.	-	<b>Combo Aqua</b> 7:30 – 8:20 a.m.	-	-	-

Reserve an available space using your Active Living membership. [winnipeg.ca/dropinfitness](http://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](http://winnipeg.ca/cms/recreation/leisure/registration.stm).  
 Hours are subject to change. Call 311 or visit [winnipeg.ca/pools](http://winnipeg.ca/pools) for up-to-date schedule information.