

| ST. JAMES CIVIC CENTRE POOL      2055 NESS AVE<br>SCHEDULE EFFECTIVE MARCH 19 – APRIL 1, 2023                                                                                                                                                                                                                                                                                               |                                                                                       |                                                                                      |                                                                                       |                                                                                       | HEIGHT ENTRY REQUIREMENT 46" / 117 CM AT SHOULDERS                                  |                                                                                      |                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                                                                                                             | Sunday                                                                                | Monday                                                                               | Tuesday                                                                               | Wednesday                                                                             | Thursday                                                                            | Friday                                                                               | Saturday                                                               |
| <b>Public Swim</b>                                                                                                                                                                                                                                                                                                                                                                          | 9:00AM – 12:00PM<br>4:30PM - 8:00PM                                                   | 10:15AM – 1:30PM<br>7:30PM - 8:00PM                                                  | 10:00AM – 1:00PM<br>2:30PM – 8:00PM                                                   | 10:15AM – 4:30PM                                                                      | 1:30PM – 4:30PM<br>7:30PM – 8:00PM                                                  | 10:15AM – 1:30PM<br>2:15PM – 4:30PM                                                  | 12:30PM – 4:00PM<br>5:30PM – 10:00PM                                   |
| <b>Lap Swim</b><br><br><i>Limited Space* -<br/>Probably two lanes<br/>for Lap Swim</i>                                                                                                                                                                                                                                                                                                      | 7:30AM – 9:00AM<br><br><i>Limited Space*</i><br>9:00AM – 12:00PM*<br>4:30PM - 8:00PM* | 6:30AM- 8:45AM<br><br><i>Limited Space*</i><br>10:15AM – 1:30PM*<br>7:30PM – 8:00PM* | 7:30AM – 8:30AM<br><br><i>Limited Space*</i><br>10:00AM – 1:00PM*<br>2:30PM – 8:00PM* | 7:30AM – 8:45AM<br><br><i>Limited Space*</i><br>6:30AM – 7:30AM*<br>10:15AM – 4:30PM* | 7:30AM- 8:30AM<br><br><i>Limited Space*</i><br>1:30PM – 4:30PM*<br>7:30PM – 8:00PM* | 6:30AM- 8:45AM<br><br><i>Limited Space*</i><br>10:15AM – 1:30PM*<br>2:15PM – 4:30PM* | 9:00AM – 11:30AM<br><br><i>Limited Space*</i><br>12:30PM –<br>10:00PM* |
| <b>Reduced Admission Fees</b>                                                                                                                                                                                                                                                                                                                                                               | <b>FREE SWIM</b><br>1:30PM – 4:30PM                                                   | <b>LOONIE/TOONIE</b><br>*1:30PM – 4:30PM                                             |                                                                                       |                                                                                       |                                                                                     | <b>FREE SWIM</b><br>7:30PM-9:30PM                                                    |                                                                        |
| <b>Use of Weight Room is restricted to those over 16 years of age, OR 12 – 16 years with adult supervision.<br/>Persons under the age of 8 are not permitted on the track: Persons under the age of 13 years must be supervised by an adult (18 years + over).</b>                                                                                                                          |                                                                                       |                                                                                      |                                                                                       |                                                                                       |                                                                                     |                                                                                      |                                                                        |
| <b>Fitness Complex</b>                                                                                                                                                                                                                                                                                                                                                                      | 7:30AM – 8:00PM                                                                       | 6:30AM – 8:00PM                                                                      | 6:30AM – 8:00PM                                                                       | 6:30AM – 8:30PM                                                                       | 6:30AM – 8:00PM                                                                     | 6:30AM – 9:30PM                                                                      | 6:30AM – 10:00PM                                                       |
| <b>In Person Registration</b>                                                                                                                                                                                                                                                                                                                                                               | 8:00AM – 7:30PM                                                                       | 7:00AM – 7:30PM                                                                      | 7:00AM – 7:30PM                                                                       | 7:00AM – 8:00PM                                                                       | 7:00AM – 7:30PM                                                                     | 7:00AM – 7:00PM                                                                      | 7:00AM – 9:30PM                                                        |
| <b>During scheduled classes, the Weight room has limited space and the Gym is periodically closed</b>                                                                                                                                                                                                                                                                                       |                                                                                       |                                                                                      |                                                                                       |                                                                                       |                                                                                     |                                                                                      |                                                                        |
| Visit <a href="http://winnipeg.ca/cms/recreation/registration.stm">http://winnipeg.ca/cms/recreation/registration.stm</a> for Registration Information<br>Check in-person registration times at the facility of your choice.<br><b>Hours subject to change - Call 311 or visit <a href="http://winnipeg.ca/cms/recreation/">http://winnipeg.ca/cms/recreation/</a> for schedule updates</b> |                                                                                       |                                                                                      |                                                                                       |                                                                                       |                                                                                     |                                                                                      |                                                                        |