



Kinsmen Sherbrook Pool

381 Sherbrook St.

Schedule effective January 7 – March 23, 2024

Entry height requirements: 44 inches/112 cm at top of shoulder

Facility closures:
Louis Riel Day – Monday, February 19

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public swim	9 a.m. – 2:00 p.m.	2 – 5 p.m.	4 – 8 p.m.	2 – 5 p.m.	Limited Space 9 a.m. – noon 2 – 8 p.m.	–	–
Reduced Fees	Loonie/toonie 2 – 4 p.m.	–	Loonie/toonie Limited Space 9 a.m. – noon 2 – 4 p.m.	–	–	Free swim 2 – 5 p.m.	Free swim 3 – 5 p.m. Family-only Loonie/toonie 5 – 7 p.m.
Lap swim		6:45 a.m. – 9:15 a.m. Noon – 2 p.m.	6:45 a.m. – 9 a.m. Noon – 2 p.m.	6:45 a.m. – 10 a.m. Noon – 2 p.m.	6:45 a.m. – 9 a.m. Noon – 2 p.m.	6:45 a.m. – 9:15 a.m. Noon – 2 p.m.	–
Specialty	Women only 4:30 – 7 p.m.	–	–	–	–	–	–
Fitness centre	9 a.m. – 4 p.m.	6:45 a.m. – 8 p.m.	6:45 a.m. – 8 p.m.	6:45 a.m. – 8 p.m.	6:45 a.m. – 8 p.m.	6:45 a.m. – 5 p.m.	9 a.m. – 7 p.m.
Drop-in aquafit	–	AquaLite 10 – 10:45 a.m. Jan 8. – Mar. 11	–	AquaLite 10 – 10:45 a.m. Jan 10. – Mar. 13	Combo Aqua 5:30 – 6:30 p.m. Jan 11. – Mar. 28	AquaLite 10 – 10:45 a.m. Jan 12. – Mar. 15	–
Registered fitness	–	Specialty Arthritis Aqua 9:15 – 10 a.m. Jan 8. – Mar. 11 Specialty Arthritis/Fibromyalgia Aqua 10:45 – 11:30 a.m. Jan 8. – Mar. 11	–	Specialty Arthritis/Fibromyalgia Aqua 10:45 – 11:30 a.m. Jan 10. – Mar. 13	Aquafit to the Music of the 80s & 90s 4:45 – 5:30 p.m. Jan 11. – Mar. 14 Combo Aqua 5:30 – 6:30 p.m. Jan 11. – Mar. 14	Specialty Arthritis Aqua 9:15 – 10 a.m. Jan 12. – Mar. 15 Specialty Arthritis/Fibromyalgia Aqua 10:45 – 11:30 a.m. Jan 12. – Mar. 15	–
In-person registration	–	–	–	–	–	–	–

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.