

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim	Loonie/Toonie 1:00 pm – 5:00 pm	Regular Admission 1:00 pm – 4:30 pm	Loonie/Toonie 9:00 am – 11:30 am 1:00 pm – 5:00 pm	Regular Admission 1:00 pm – 4:30 pm	Regular Admission 1:00 pm – 7:00 pm	Free Swim 1:00 pm – 5:00 pm	Free Swim 2:30 pm – 5:00 pm
Lap Swim <i>*shared/limited</i>	11:30 am – 1:00 pm	6:45 am – 9:00 am 11:30 am – 1:00 pm	11:30 am – 1:00 pm	6:45 am – 9:00 am 11:30 am – 1:00 pm	11:30 am – 1:00 pm *7:00 pm – 8:00 pm	6:45 am – 9:00 am 11:30 am – 1:00 pm	*12:00 pm – 2:30 pm
Specialty	Women Only 5:00 pm – 7:00 pm						Leisure Swim 5:00 pm – 7:00 pm
Gym	10:00 am – 5:00 pm	6:45 am – 8:00 pm	9:00 am – 8:00 pm	6:45 am – 8:00 pm	9:00 am – 8:00 pm	6:45 am – 5:00 pm	10:00 am – 7:00 pm
Drop-In Fitness Starts Oct 7		AquaLite 10:00 am - 10:45 am Oct 7 – Dec 9 Deep Aquafit 5:30 pm - 6:15 pm Oct 7 – Dec 9		AquaLite 10:00 am - 10:45 am Oct 9 – Dec 11		AquaLite 10:00 am - 10:45 am Oct 11 – Dec 13	
Registered Fitness	Paddleboard Bootcamp 9:00 am – 10:00 am Paddleboard Bootcamp 10:00 am – 11:00 am	Aquafit Specialty Arthritis 9:15 am – 10:00 am Aquafit Specialty Arthritis/Fibromyalgia 10:45 am – 11:30 am Aquafit Specialty Arthritis/Fibromyalgia 6:15 pm – 7:00 pm	City Circuit 5:30 pm – 6:30 pm Paddleboard Yoga 5:30 pm – 6:30 pm Paddleboard Bootcamp 6:45 pm – 7:45 pm	Baby & Me Aquafit 9:15 am – 10:00 am Aquafit Specialty MS 10:45 am – 11:30 am	70's + 80's Only Aquafit 4:45 pm – 5:30 pm Aquafit Specialty Arthritis/Fibromyalgia 5:30 pm – 6:15 pm City Circuit 5:30 pm – 6:30 pm	Aquafit Specialty Arthritis 9:15 am – 10:00 am Aquafit Specialty Arthritis/Fibromyalgia 10:45 am – 11:30 am	

CLOSED : Thanksgiving Day – October 14th, Remembrance Day – November 11th, ALL DAY

Visit <http://winnipeg.ca/cms/recreation/registration.stm> for Registration Information. Check in-person registration times at the facility of your choice.

Check Swimming for all Ages at <http://winnipeg.ca/cms/recreation/leisureguide.stm> for swim course codes

Hours subject to change - Call 311 or visit http://winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/indoorpools.stm for schedule updates