



Kinsmen Sherbrook Pool

381 Sherbrook St.

Schedule effective January 5 – March 22, 2025

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

Facility closures:
Louis Riel Day – Monday, February 17

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public swim	9 a.m. – 2 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. 11:30 a.m. – 2 p.m.	6:45 a.m. – 9 a.m. noon – 2 p.m.	6:45 a.m. – 10 a.m. 11:30 a.m. – 2 p.m.	6:45 a.m. – 9 a.m. noon – 2 p.m.	6:45 a.m. – 9:15 a.m. 11:30 a.m. – 2 p.m.	—
Specialty swim	Women’s swim 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.	noon – 7 p.m.
Drop-in aquafit	—	AquaLite 10 – 10:45 a.m. January 6 – March 10	—	AquaLite 10 – 10:45 a.m. January 8 – March 12 Specialty Arthritis/Fibromyalgia Aqua 10:45 – 11:30 a.m. January 8 – March 12	Combo Aqua 5:30 – 6:30 p.m. January 9 – March 13	AquaLite 10 – 10:45 a.m. January 10 – March 14	—
Registered fitness	—	Specialty Arthritis Aqua 9:15 – 10 a.m. Specialty Arthritis/Fibromyalgia Aqua 10:45 – 11:30 a.m.	—	Specialty Arthritis/Fibromyalgia Aqua 10:45 – 11:30 a.m.	Aquafit to the Music of the 80s & 90s 4:45 – 5:30 p.m. Combo Aqua 5:30 – 6:30 p.m.	Specialty Arthritis Aqua 9:15 – 10 a.m. Specialty Arthritis/Fibromyalgia Aqua 10:45 – 11:30 a.m.	—
In-person registration	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.	noon – 7 p.m.

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.