

Sherbrook Pool

381 Sherbrook Street

height entry requirement 44" / 112 cm at shoulders

Schedule effective June 30 - September 5, 2011

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim	10:00 am – 2:00 pm	1:00 pm – 8:00 pm	1:00 pm – 8:00 pm	1:00 pm – 8:00 pm	1:00 pm – 8:00 pm	1:00 pm - 3:30 pm 5:00 pm - 7:00 pm	10:00 am – 2:00 pm
Lap Swim	8:30 am -10:00 am	6:45 am – 9:00 am 11:30 am – 1:00 pm	6:45 am – 9:00 am 11:30 am – 1:00 pm	6:45 am – 9:00 am 11:30 am – 1:00 pm	6:45 am – 9:00 am 11:30 am – 1:00 pm	6:45 am - 9:00 am 11:30 am - 1:00 pm	
Specialty	Loonie/Toonie 2:00 pm – 3:30 pm Free Swim 3:30 pm – 5:00 pm	Loonie/Toonie 3:30 pm – 5:00 pm		Loonie/Toonie 7:00 pm-8:00 pm	Loonie/Toonie 3:30 pm – 5:00 pm	Free Swim 3:30 pm - 5:00 pm Teen Free Swim 7:00 pm - 9:00 pm.	Loonie/Toonie 2:00 pm – 3:30 pm Free 3.30 pm – 5 pm

Use of Weight Room is restricted to those over 16 years of age or 12 – 15 years with adult supervision

Weight Room	8:30 am – 5:00 pm	6:45 am – 8:00 pm	6:45 am – 8:00 pm	6:45 am – 8:00 pm	6:45 am – 8:00 pm	6:45 am - 7:00 pm	10:00 am – 5:00 pm
equipped with	<ul style="list-style-type: none"> Universal Weight Machine, Free Weights, Treadmills, Steppers, Stationary Bikes 						

Drop-In Aquafit		Aqualite (Sr) 10:00 am – 10:45 am Shallow / Deep 5:30 pm - 6:15 pm		Aqualite (Sr) 10:00 am -10:45 am	Shallow / Deep 6:15 pm – 7:00 pm	Aqualite (Sr) 10:00 am - 10:45 am	
In Person Registration	9:00 am - 3:00 pm	9:00 am – 7:00 pm	9:00 am – 7:00 pm	9:00 am – 7:00 pm	9:00 am – 7:00 pm	9:00 am - 6:00 pm	9:00 am – 3:00 pm

Visit [leisureonline](http://leisureonline.com) for information and spring / summer 2011 registration
Fall registration begins August 29, 2011 at 9:00 a.m.
 Check in-person registration times at the facility of your choice.

**Pool Closed on Statutory Holidays
 July 1 & August 1 & September 5, 2011**