



Kinsmen Sherbrook Pool

381 Sherbrook St.

Schedule effective April 7 – June 15, 2024

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

Facility closures:
Victoria Day – Monday, May 20

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