Kinsmen Sherbrook Pool

381 Sherbrook St.

Schedule effective September 27 – December 12, 2026

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

Facility closures:

National Day for Truth and Reconciliation- Wednesday, September 30
Thanksgiving Day – Monday, October 12
Remembrance Day – Wednesday, November 11

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public swim	9 a.m. – 2 p.m.	**Limited space** **2 – 2:30 p.m.** 2:30 – 4 p.m.	4 – 8 p.m.	2 – 5 p.m.	**Limited space** **9 a.m. – noon** **2 – 2:30 p.m.** 2:30 – 8 p.m.	–	–
Reduced admission fees	**Loonie/toonie swim** 2 – 4 p.m.	–	**Limited space** **9 a.m. – noon** **Loonie/toonie swim** 2 – 4 p.m.	–	–	**Free swim** 2 – 5 p.m.	**Free swim** 3 – 5 p.m. **Loonie/toonie swim** 5 – 7 p.m.
Lap swim	–	6:45 – 9:15 a.m. 11:30 a.m. – 1:30 p.m. **Limited space** **1:30 – 2 p.m.**	6:45– 9 a.m. noon – 2 p.m.	6:45 – 10 a.m. 11:30 a.m. – 2 p.m.	6:45 – 9 a.m. noon – 1:30 p.m. **Limited space** **1:30 – 2 p.m.**	6:45 – 9:15 a.m. 11:30 a.m. – 2 p.m.	–
Specialty swim	**Women's only 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	–	**Aquafitness Specialty Arthritis** 9:15 – 10 a.m. **Aqualite** 10 – 10:45 a.m. **Aquafitness Specialty Arthritis/Fibromyalgia** 10:45 – 11:30 a.m.	–	**Aqualite** 10 – 10:45 a.m. **Aquafitness Specialty Arthritis/Fibromyalgia** 10:45 – 11:30 a.m.	**Aquafitness Combo** 5:30 – 6:30 p.m.	**Aquafitness Specialty Arthritis** 9:15 – 10 a.m. **Aqualite** 10 – 10:45 a.m. **Aquafitness Specialty Arthritis/Fibromyalgia** 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.

Last updated: Friday, September 25, 2026

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.

*Use of fitness centre restricted to those over 16 years of age or 12 – 15 years with adult supervision. Persons under the age of 13 years using the walk/jog area must be supervised by an adult.

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