



Kinsmen Sherbrook Pool

381 Sherbrook St.

Schedule effective January 4 – March 16, 2026

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

Facility closures:

Louis Riel Day – Monday, February 16

	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 admission fees	Loonie/Toonie swim 2 – 4 p.m.	—	Loonie/Toonie swim Limited space 9 a.m. – noon 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. – 2 p.m.	6:45 – 9 a.m. noon – 2 p.m.	6:45 – 9:15 a.m. 11:30 a.m. – 2 p.m.	6:45 a.m. – 9 a.m. noon – 2 p.m.	6:45 – 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 January 5 – March 13	—	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.

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.