



# Kinsmen Sherbrook Pool

**381 Sherbrook St.**

Schedule effective September 28 – December 13, 2025

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

## Facility closures:

National Day for Truth and Reconciliation –  
Tuesday, September 30  
Thanksgiving – Monday, October 13  
Remembrance Day – Tuesday, November 11

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Public swim</b>	9 a.m. – 2 p.m.	2 – 5 p.m.	4 – 8 p.m.	2 – 5 p.m.	<b>Limited space</b> 9 a.m. – noon 2 – 8 p.m.	—	—
<b>Reduced admission fees</b>	<b>Loonie/Toonie swim</b> 2 – 4 p.m.	—	<b>Loonie/Toonie swim</b> <b>Limited space</b> 9 a.m. – noon 2 – 4 p.m.	—	—	<b>Free swim</b> 2 – 5 p.m.	<b>Free swim</b> 3 – 5 p.m. <b>Loonie/Toonie swim</b> 5 – 7 p.m.
<b>Lap swim</b>	—	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.	—
<b>Specialty swim</b>	<b>Women's swim</b> 4:30 – 7 p.m.	—	—	—	—	—	—
<b>Fitness centre*</b>	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.
<b>Drop-in Aquafit</b> October 6 – December 12	—	<b>Aquafitness Specialty Arthritis</b> 9:15 – 10 a.m.  <b>Aqualite</b> 10 – 10:45 a.m.  <b>Aquafitness Specialty Arthritis/Fibromyalgia</b> 10:45 – 11:30 a.m.	—	<b>Aqualite</b> 10 – 10:45 a.m.  <b>Aquafitness Specialty Arthritis/Fibromyalgia</b> 10:45 – 11:30 a.m.	<b>Aquafitness Combo</b> 5:30 – 6:30 p.m.	<b>Aquafitness Specialty Arthritis</b> 9:15 – 10 a.m.  <b>Aqualite</b> 10 – 10:45 a.m.  <b>Aquafitness Specialty Arthritis/Fibromyalgia</b> 10:45 – 11:30 a.m.	—
<b>In-person registration</b>	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](http://winnipeg.ca/cms/recreation/leisure/registration.stm).

Hours are subject to change. Call 311 or visit [winnipeg.ca/pools](http://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.