



St. James Civic Centre Pool

Drop-in fitness schedule

2055 Ness Ave.

Schedule effective January 5 – March 15, 2025

Facility closures:
Louis Riel Day – Monday, February 17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
—	—	Weights 7:30 - 8:20 a.m.	—	Weights 7:30 - 8:20 a.m.	—	—
Weights 11:30 – 12:20 p.m. Starts January 12	Aqualite 8:45 - 9:30 a.m.	Aqualite - Deep 8:30 - 9:15 a.m.	Aqualite 8:45 - 9:30 a.m.	Aqualite - Deep 8:30 - 9:15 a.m.	Aqualite 8:45 - 9:30 a.m.	—
Combo Aqua 12:30 - 1:30 p.m. Starts January 12	Aqualite 9:30 - 10:15 a.m.	Aqualite – Shallow 9:15 - 10 a.m.	Aqualite – Deep 10:30 - 11:15 a.m.	Aqualite – Shallow 9:15 - 10 a.m.	—	Combo Aqua 11:30 a.m. - 12:30 p.m.
—	Combo Aqua 6:35 - 7:35 p.m.	—	Combo Aqua 7:30 - 8:30 p.m.	—	—	—

Reserve an available space using your Active Living membership. winnipeg.ca/dropinfitness
 Check in-person registration times at the facility of your choice.
 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.