



Sergeant Tommy Prince Place

90 Sinclair St.

Schedule effective July 5 – September 7, 2026
 Entry height requirements: 44 inches/112 cm at top of shoulder

Facility closures:
 Terry Fox Day – Monday, August 3
 Labour Day – Monday, Sept 7

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim	9 a.m. – 4 p.m.	9 a.m. - 12:30 p.m. 3:30 - 5 p.m.	9 a.m. - 12:30 p.m. 3:30 - 6:30 p.m.	9 a.m. - 12:30 p.m. 3:30 - 8 p.m.	9 a.m. – 12:30 p.m. 3:30 - 8 p.m.	9 a.m. – 12:30 p.m. 3:30- 4:30 p.m.	11 a.m. – 4 p.m.
Swimming Lessons	–	12:30 - 3:30 p.m.	12:30 - 3:30 p.m.	12:30 -3:30 p.m.	12:30 -3:30 p.m.	12:30 -3:30 p.m.	–
Lap swim	–	6:30 – 9 a.m.	6:30 – 9 a.m.	6:30 – 9 a.m.	6:30 – 9 a.m.	6:30 – 9 a.m.	9 – 11 a.m.
Reduced Admission Fees (Pool use only)	Free swim 4 – 5 p.m.	–	Free teen swim (9–19 years) 6:30 – 8:30 p.m.	–	–	Loonie/toonie swim 4:30 – 7 p.m.	Loonie/toonie swim 4 – 6:30 p.m. Free teen swim (9–19 years) 7 – 9 p.m.
Showers and Locker-Room Availability	9 a.m. – 5:15 p.m.	6:30 a.m. – 8:15 p.m.	6:30 a.m. – 8:45 p.m.	6:30 a.m. – 8:15 p.m.	6:30 a.m. – 8:15 p.m.	6:30 a.m. – 7:15 p.m.	9:00 a.m. – 9:15 p.m.
Fitness Centre*	9 a.m. – 9:30 p.m.	6:30 a.m. – 9:30 p.m.	6:30 a.m. – 9:30 p.m. Free Admission 5 – 9:30 p.m.	6:30 a.m. – 9:30 p.m.	6:30 a.m. – 9:30 p.m. Free Admission noon – 1 p.m.	6:30 a.m. – 9:30 p.m.	9 a.m. – 9:30 p.m.
Gymnasium	–	–	Free Admission 5 – 9:30 p.m.	–	Free Admission noon – 1 p.m.	–	–
Drop-In Aquafit	–	Aqualite Combo 10:15 – 11 a.m. (July 6-Aug 24)	–	Aqualite Combo 10:15 – 11 a.m. (July 8-Aug 26)	–	Aqualite Combo 10:15 – 11 a.m. (July 3-Aug 28)	Aqualite Combo 11:30 a.m. – 12:15 p.m. (July 4-Aug 29)
In-Person Registration	9 a.m. – 9:30 p.m.	9 a.m. – 9:30 p.m.	9 a.m. – 9:30 p.m.	9 a.m. – 9:30 p.m.	9 a.m. – 9:30 p.m.	9 a.m. – 9:30 p.m.	9 a.m. – 9:30 p.m.

For registration information, go to winnipeg.ca/cms/recreation/leisure/registration.stm.
 Reserve an available space using your Active Living membership, go to winnipeg.ca/dropinfitness
 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.