



# Kinsmen Sherbrook Pool

381 Sherbrook 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, September 7

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Public swim</b>	10 a.m. - noon	1 - 4 p.m.	–	1 - 4 p.m.	1 - 4 p.m.	1 - 2 p.m.	10 a.m. - noon
<b>Reduced Fees</b>	<b>Loonie/toonie</b> noon - 2:45 p.m.	–	<b>Loonie/toonie</b> 1 - 4 p.m.	–	–	<b>Free swim</b> 2 - 4 p.m.	<b>Free swim</b> noon - 3 p.m. <b>Family-only Loonie/toonie</b> 3 - 5 p.m.
<b>Lap swim</b>	–	noon - 1 p.m.	noon - 1 p.m.	noon - 1 p.m.	noon - 1 p.m.	noon - 1 p.m.	–
<b>Specialty</b>	<b>Women's swim</b> 3 - 5 p.m.	–	–	–	–	–	–
<b>Fitness centre*</b>	10 a.m. - 3 p.m.	9 a.m. - 4 p.m.	9 a.m. - 4 p.m.	9 a.m. - 4 p.m.	9 a.m. - 4 p.m.	9 a.m. - 4 p.m.	10 a.m. - 5 p.m.
<b>Drop-in Aquafit</b> (July 6 - August 28)	–	<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>Aqualite</b> 10 - 10:45 a.m.  <b>Aquafitness Specialty Arthritis/Fibromyalgia</b> 10:45 - 11:30 a.m.	–
<b>In-person registration</b>	noon - 3 p.m.	9 a.m. - 3 p.m.	9 a.m. - 3 p.m.	9 a.m. - 3 p.m.	9 a.m. - 3 p.m.	9 a.m. - 3 p.m.	noon - 4 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.