



# Seven Oaks Pool

444 Adsum Dr.

Schedule effective April 7<sup>th</sup> – June 15<sup>th</sup>, 2024

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

**Facility closures:**  
Victoria Day – Monday, May 20

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Public Swim</b>	11 a.m. – 3:30 p.m.	9 a.m. – 5 p.m.	9 a.m. – 5 p.m. <b>Dive Tank Closed</b> 8:45 a.m. – 9:30 a.m. <b>Shallow End Closed</b> 11:30 a.m. – 2:30 p.m. 8 p.m. – 9:30 p.m.	9 a.m. – 5 p.m.	9 a.m. – 5 p.m. 8 p.m. – 9:30 p.m. <b>Dive Tank Closed</b> 8:45 a.m. – 9:30 a.m. 8:30 p.m. – 9:30 p.m.	9 a.m. – 8 p.m.	Noon – 6 p.m.
<b>Sauna</b>	11 a.m. – 3:30 p.m.	6:30 a.m. – 5 p.m.	6:30 a.m. – 5 p.m. 8 p.m. – 9:30 p.m.	6:30 a.m. – 5 p.m.	6:30 a.m. – 5 p.m. 8 p.m. – 9:30 p.m.	6:30 a.m. – 8 p.m.	Noon – 6 p.m.
<b>Kiddie Pool Splash Pad</b>	11 a.m. – 3:30 p.m.	11 a.m. – 5 p.m.	10 a.m. – 5 p.m.	10 a.m. – 5 p.m.	10 a.m. – 5 p.m.	10 a.m. – 8 p.m.	Noon – 6 p.m.
<b>Reduced Admission Fees</b>	–	–	–	–	<b>Loonie/Toonie Swim</b> 3:30 p.m. – 5:00 p.m.	–	<b>Free Teen Swim 9–19 years</b> 6:30 p.m. – 8:30 p.m.
<b>Swimming Lessons</b>	4 p.m.–7 p.m.	11:30 a.m. – 2:30 p.m. 5 p.m. – 8 p.m.	5 p.m. – 8 p.m.	5 p.m. – 8 p.m.	5 p.m. – 8 p.m.	–	9 a.m. – Noon
<b>Lap Swim</b>	<b>Limited space</b> 11 a.m. – 3:30 p.m.	<b>Limited space</b> 6:30 a.m. – 5 p.m.	<b>Limited space</b> 6:30 a.m. – 5 p.m. 8 p.m. – 9:30 p.m.	<b>Limited space</b> 6:30 a.m. – 5 p.m.	<b>Limited space</b> 6:30 a.m. – 5 p.m. 8 p.m. – 9:30 p.m.	<b>Limited space</b> 6:30 a.m. – 8 p.m.	<b>Limited space</b> Noon – 6 p.m.
<b>Drop-In Aquafit</b>	–	–	(Apr 9 – Jun 11) <b>AquaLite Deep</b> 8:45 – 9:30 a.m. <b>Aqua Deep</b> 6:30 – 7:30 p.m.	–	(Apr 11– Jun 13) <b>AquaLite Deep</b> 8:45 – 9:30 a.m. <b>Aqua Deep</b> 6:30 – 7:30 p.m.	–	(Apr 13 – Jun 15) <b>Aqua Deep</b> 11:30 a.m. – 12:30 p.m.
<b>In-Person Registration</b>	11 a.m. – 7 p.m.	6:30 a.m. – 8 p.m.	6:30 a.m. – 9:30 p.m.	6:30 a.m. – 8 p.m.	6:30 a.m. – 9:30 p.m.	6:30 a.m. – 8 p.m.	9 a.m. – 8:30 p.m.

For registration information, go to [winnipeg.ca/cms/recreation/leisure/registration.stm](http://winnipeg.ca/cms/recreation/leisure/registration.stm).  
Reserve an available space using your Active Living membership, go to [winnipeg.ca/dropinfitness](http://winnipeg.ca/dropinfitness)  
Hours are subject to change. Call 311 or visit [winnipeg.ca/pools](http://winnipeg.ca/pools) for up-to-date schedule information.