# Pan Am Pool

## 25 Poseidon Bay

Schedule effective September 27 – December 12, 2026

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

**Facility closures:**
National Day for Truth and Reconciliation –
Wednesday, September 30 (open 10 a.m. – 2 p.m.)
Thanksgiving Day –
Monday, October 12 (open 10 a.m. – 2 p.m.)
Remembrance Day –
Wednesday, November 11 (open 1 – 5 p.m.)

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| **Shallow pool**<br>Public swim | noon – 5 p.m. | 5:45 – 9 a.m.<br>11:30 a.m.– 5 p.m. | 5:45 a.m. – 5 p.m.<br>8 – 9:30 p.m. | 5:45 – 9 a.m.<br>11:30 a.m. – 5 p.m.<br>8 – 9:30 p.m. | 5:45 a.m. – 5 p.m.<br>**Limited space**<br>**9:45 a.m. – 1 p.m.**<br>8 – 9:30 p.m. | 5:45 – 9 a.m.<br>11:30 a.m. – 9:30 p.m. | noon – 5 p.m. |
| **Mid pool** | noon – 5 p.m. | **Limited space**<br>**5:45 – 9 a.m. (50m)**<br>11:15 a.m. – 5 p.m. | 5:45 a.m. – 5 p.m.<br>**Limited space**<br>**8 – 9:30 p.m.** | **Limited space**<br>**5:45 – 9 a.m. (50m)**<br>**8 – 9:30 p.m.**<br>11:15 a.m. – 5 p.m. | 5:45 a.m. – 5 p.m.<br>**Limited space**<br>**8 – 9:30 p.m.** | **Limited space**<br>**5:45 – 9 a.m. (50m)**<br>**5 – 9:30 p.m.**<br>11:15 a.m. – 5 p.m. | noon – 5 p.m.<br>**Limited space**<br>**noon – 2 p.m.** |
| **Diving boards** | noon – 5 p.m. | 11:15 a.m. – 5 p.m. | 8:30 a.m. – 5 p.m.<br>8 – 9:30 p.m. | 11:15 a.m. – 5 p.m.<br>8 – 9:30 p.m. | 8:30 a.m. – 5 p.m.<br>8 – 9:30 p.m. | 11:15 a.m. – 5 p.m.<br>7 – 9:30 p.m. | noon – 5 p.m. |
| **Kiddie pool** | noon – 5 p.m. | 11:15 a.m. – 5 p.m. | 11:15 a.m. – 5 p.m. | 11:15 a.m. – 5 p.m. | 11:15 a.m. – 5 p.m. | 9 a.m. – 8 p.m. | noon – 5 p.m. |
| **Training pool**<br>Lap swim 25m | 9 a.m. – 5 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. | – |
| **Reduced admission fees** | – | – | **Free swim**<br>2:30 – 4:30 p.m. | – | – | – | – |
| ***Upper fitness centre & walk/jog track** | 9 a.m. – 5 p.m. | 5:45 a.m. – 9:30 p.m. | 5:45 a.m. – 9:30 p.m. | 5:45 a.m. – 9:30 p.m. | 5:45 a.m. – 9:30 p.m. | 5:45 a.m. – 9:30 p.m. | 6:30 a.m. – 5 p.m. |
| **In–person registration** | 9:30 a.m. – 4:30 p.m. | 6:15 a.m. – 9 p.m. | 6:15 a.m. – 9 p.m. | 6:15 a.m. – 9 p.m. | 6:15 a.m. – 9 p.m. | 6:15 a.m. – 9 p.m. | 7 a.m. – 4:30 p.m. |

Pan Am Pool is Winnipeg's host site for many aquatic events, therefore schedules change frequently. Please refer to our events schedule on our website at winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/pan_am.stm#events or contact 311.

Reserve an available drop–in fitness class space using your Active Living membership. Go to winnipeg.ca/leisureonline, call 311 or visit any in–person registration location. 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.

*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.

*Last updated: Thursday, September 24, 2026*