



Seven Oaks Pool

444 Adsum Dr.

Schedule effective September 28 – December 13, 2025

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

Facility closures:

National Day for Truth and Reconciliation–

Tuesday, September 30

Thanksgiving Day – Monday, October 13

Remembrance Day – Tuesday, November 11

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public swim	11 a.m. – 3:30 p.m.	9 a.m. – 5 p.m.	9 – 11:30 a.m. Dive Tank Closed 9 – 9:30 a.m. Limited space** 11:30 a.m. – 2:30 p.m. 2:30 – 5 p.m.	9 a.m. – 5 p.m.	9 a.m. – 3:30 p.m. 8 – 9:30 p.m. Dive Tank Closed 9 – 9:30 a.m. 8:30 – 9:30 p.m.	9 a.m. – 8 p.m.	noon – 6 p.m.
Sauna	11 a.m. – 3:30 p.m.	6:30 a.m. – 5 p.m.	6:30 a.m. – 5 p.m. 8 – 9:30 p.m.	6:30 a.m. – 5 p.m.	6:30 a.m. – 5 p.m. 8 – 9:30 p.m.	6:30 a.m. – 8 p.m.	noon – 6 p.m.
Kiddie pool Splash Pad	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.
Reduced admission fees	—	—	—	—	Loonie/Toonie swim 3:30 – 5 p.m.	—	Free youth swim (9–19 years) 6:30 – 8:30 p.m.
Lap swim	Limited space 11 a.m. – 3:30 p.m.	Limited space 6:30 a.m. – 5 p.m.	Limited space 6:30 a.m. – 5 p.m. 8 – 9:30 p.m.	Limited space 6:30 a.m. – 5 p.m.	Limited space 6:30 a.m. – 5 p.m. 8 – 9:30 p.m.	Limited space 6:30 a.m. – 8 p.m.	Limited space noon – 6 p.m.
Drop-In Aquafit	—	—	Aqualite Deep 8:45 – 9:30 a.m. Oct 7 – Dec 9 Aquafit Deep 6:30 – 7:30 p.m. Oct 7 – Dec 9	—	Aqualite Deep 8:45 – 9:30 a.m. Oct 2 – Dec 11 Aquafit Deep 6:30 – 7:30 p.m. Oct 2 – Dec 11	—	Aquafit Deep 11:30 a.m. – 12:30 p.m. Oct 4 – Dec 13
In-person registration	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.

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.

**Please note that access to the shallow end will be limited during this time due to scheduled swimming lessons and/or the Swimming Counts! program.