



St. James Assiniboia Centennial Pool

644 Parkdale St.

Schedule effective April 5 – June 13, 2026

Entry height requirements: 42 inches/107 cm at top of shoulder

Facility closures:

Easter Sunday – Sunday, April 5
closed at 4 p.m.
Easter Monday – Monday, April 6
Victoria Day, Monday, May 18

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public swim	9 a.m. – 5 p.m. 8 – 9 p.m.	Limited space 8:30-8:50 a.m. 8:50 – 9:30 a.m. 1:15 – 5 p.m. 8 – 8:30 p.m.	Limited space 8:30-8:50 a.m. 8:50 – 9:30 a.m. Limited space 1:15 – 8:30 p.m.	Limited space 8:30-8:50 a.m. 8:50 – 9:30 a.m. 8 – 8:30 p.m.	Limited space 8:30-8:50 a.m. 8:50 – 9:30 a.m. 1:15 – 5 p.m. 8 – 8:30 p.m.	Limited space 8:30-8:50 a.m. 8:50 – 9:30 a.m. 1:15 – 5 p.m. Limited space 5 – 7 p.m. 7 – 8:30 p.m.	noon – 1 p.m. Limited space 1 – 2:30 p.m. 2:30 – 5:45 p.m.
Shallow lap jog	—	6 – 8 a.m. 11 a.m. – 1:15 p.m.	6 – 8 a.m. 11 a.m. – 1:15 p.m.	6 – 8 a.m. 11 a.m. – 1:45 p.m.	6 – 8 a.m. 11:45 a.m. – 1:15 p.m.	6 – 8 a.m. 11:45 a.m. – 1:15 p.m.	7 – 9 a.m.
Lap swim	Limited space 9 a.m. – 5 p.m. 8 – 9 p.m.	6 – 8 a.m. Limited space 8 – 11 a.m.** 11 a.m. – 4:30 p.m. 4:30 – 5 p.m.** 8 – 8:30 p.m.	6 – 8 a.m. Limited space 8 – 11 a.m.** 11 a.m. – 4:30 p.m. 4:30 – 6:30 p.m.**	Limited space 6 – 7:30 am 7:30 – 8 am Limited Space 8 – 11 a.m.** 11 a.m. – 1:45 p.m. Limited space 8 – 8:30 p.m.	6 – 8 a.m. Limited space 8 – 11:45 a.m.** 11:45 a.m. – 4:30 p.m. 4:30 – 5 p.m.** 8 – 8:30 p.m.	Limited space 6 – 7:30 am 7:30 – 8 am Limited space 8 – 11:45 a.m.** 11:45 a.m. – 5 p.m. 5 – 6 p.m.** 6 – 8:30 p.m.	Limited space 7 – 9 a.m.** noon – 5:45 p.m.
Aqualite classes	—	Aqualite-Combo 8:05 – 8:50 a.m.	Aqualite-Combo 8:05 – 8:50 a.m.	Aqualite-Combo 8:05 – 8:50 a.m.	Aqualite-Combo 8:05 – 8:50 a.m.	Aqualite-Combo 8:05 – 8:50 a.m.	—
Reduced admission fees	—	—	—	Free swim 1:45 – 4:45 p.m.	—	—	Free youth swim 9–19 years *** 6 – 8 p.m.
Fitness centre and Sauna*	9 a.m. – 9 p.m.	6 – 8:30 a.m. Limited space 8:30 – 10:30 a.m. 10:30 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m.	6 – 8:30 a.m. Limited space 8:30 – 10:30 a.m. 10:30 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m.	6 – 8:30 a.m. Limited space 8:30– 10:30 a.m. 10:30 a.m. – 8:30 p.m.	7 a.m. – 8 p.m. Sauna closed at 5:45 p.m.
In-person registration	9:30 a.m. – 8:30 p.m.	6:30 a.m. – 8 p.m.	6:30 a.m. – 8 p.m.	6:30 a.m. – 8 p.m.	6:30 a.m. – 8 p.m.	6:30 a.m. – 8 p.m.	7:30 a.m. – 7:30 p.m.

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 8 are not permitted on the track. Persons under the age of 13 years must supervised by an adult.

** There will be limited space and only one lane available during these times for lap swim.

*** No Adults allowed on Pool Deck during this time.