St. James Assiniboia Centennial Pool

644 Parkdale St.

Schedule effective September 27 – December 12, 2026

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

Facility closures:
National Day for Truth and Reconciliation – Wednesday, September 30
Thanksgiving Day - Monday, October 12
Remembrance Day – Wednesday, November 11

	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 – 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.**	**Limited space**** **6 – 11 a.m.** 11 a.m. – 1:15 p.m. **Limited space**** **1:15 – 4:30 p.m.** **8 – 8:30 p.m.**	6– 8 a.m. **Limited space**** **8– 11 a.m.** 11 a.m. – 1:15 p.m. **Limited space**** **1:15 – 6:30 p.m.**	**Limited space**** **6 – 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. – 1:15 p.m. **Limited space**** **1:15 – 4:30 p.m.** **8 – 8:30 p.m.**	6 – 8 a.m. **Limited space**** **8 – 11:45 a.m.** 11:45 a.m. – 1:15 p.m. **Limited space**** **1:15 –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*	9 a.m. – 9 p.m.	6 a.m. – 8:30 p.m. **Limited space** **8:30 – 10:30 a.m.**	6 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m. **Limited space** **8:30 – 10:30 a.m.**	6 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m. **Limited space** **8:30– 10:30 a.m.**	7 a.m. – 8 p.m.
Sauna's	9 a.m. – 9 p.m.	6 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m.	7 a.m. – 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.
** Limited Lap Space is 1-2 Lanes at max dependent on facility needs

Last updated: Friday, September 25, 2026