



# St. James Assiniboia Centennial Pool

644 Parkdale St.

Schedule effective June 14 – June 27, 2026

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

**Facility closures:**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Public swim</b>	9 a.m. – 9 p.m.	<b>Limited space</b> 8:30-8:50 a.m. 8:50 – 11 a.m. 1:15 – 4:30 p.m. <b>Limited space</b> 4:30 – 6:30 p.m. 6:30 – 8:30 p.m.	<b>Limited space</b> 8:30-8:50 a.m. 8:50 – 11 a.m. 1:15 – 4:30 p.m. <b>Limited space</b> 4:30 – 8:30 p.m.	<b>Limited space</b> 8:30-8:50 a.m. 8:50 – 11 a.m. 4:45 – 5 p.m. <b>Limited space</b> 5 – 7 p.m. 7 – 8:30 p.m.	<b>Limited space</b> 8:30-8:50 a.m. 8:50 – 11 a.m. 4:45 – 5 p.m. <b>Limited space</b> 5 – 7 p.m. 7 – 8:30 p.m.	<b>Limited space</b> 8:30-8:50 a.m. 8:50 – 11:45 a.m. 1:15 – 4:30 p.m. <b>Limited space</b> 4:30 – 6 p.m. 6 – 8:30 p.m.	<b>Limited space</b> 8:30-8:50 a.m. 8:50 – 11:45 a.m. 1:15 – 5 p.m. <b>Limited space</b> 5 – 6 p.m. 6 – 8:30 p.m.	9 a.m. – 1 p.m. <b>Limited space</b> 1 – 2:30 p.m. 2:30 – 5:45 p.m.
<b>Shallow lap jog</b>	–	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.	
<b>Lap swim</b>	<b>Limited space</b> 9 a.m. – 9 p.m.	6 – 8 a.m. <b>Limited space</b> 8 – 11 a.m.* 11 a.m. – 1:15 p.m. <b>Limited space</b> 1:15 – 5 p.m. 5 – 6 p.m.* 6 – 8:30 p.m.	6 – 8 a.m. <b>Limited space</b> 8 – 11 a.m.* 11 a.m. – 1:15 p.m. <b>Limited space</b> 1:15 – 5 p.m. 5 – 6 p.m.*	<b>Limited space</b> 6 – 7:30 a.m. 7:30 – 8 a.m. <b>Limited space</b> 8 – 11 a.m.* 11 a.m. – 1:45 p.m. <b>Limited space</b> 4:45 – 7 p.m.* 7 – 8:30 p.m.	<b>Limited space</b> 6 – 7:30 a.m. 7:30 – 8 a.m. <b>Limited space</b> 8 – 11:45 a.m.* 11:45 a.m. – 1:15 p.m. <b>Limited space</b> 1:15 – 8:30 p.m.	<b>Limited space</b> 6 – 7:30 a.m. 7:30 – 8 a.m. <b>Limited space</b> 8 – 11:45 a.m.* 11:45 a.m. – 1:15 p.m. <b>Limited space</b> 1:15 – 5 p.m. 6 – 8:30 p.m.	<b>Limited space</b> 7 – 9 a.m.* 9 a.m. – 5:45 p.m.	
<b>Aqualite classes</b>	–	<b>Aqualite-Combo</b> 8:05 - 8:50 a.m.	<b>Aqualite-Combo</b> 8:05 - 8:50 a.m.	<b>Aqualite-Combo</b> 8:05 - 8:50 a.m.	<b>Aqualite-Combo</b> 8:05 - 8:50 a.m.	<b>Aqualite-Combo</b> 8:05 - 8:50 a.m.	–	
<b>Reduced admission fees</b>	–	–	–	<b>Free swim</b> 1:45 – 4:45 p.m.	–	–	<b>Free youth swim</b> (9-19 years) 6 – 8 p.m.	
<b>Fitness Centre**</b>	9 a.m. – 9 p.m.	6 a.m. – 8:30 p.m. <b>Limited space</b> 8:30 – 9:30 a.m.	6 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m. <b>Limited space</b> 8:30 – 9:30 a.m.	6 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m. <b>Limited space</b> 8:30 – 9:30 a.m.	7 a.m. – 8 p.m.	
<b>Sauna</b>	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. – 6 p.m.	
<b>In-person registration</b>	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](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.

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

\*\*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 be supervised by an adult