



St. James Assiniboia Centennial Pool

644 Parkdale St.

Schedule effective June 28 – September 7, 2026

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

Facility closures:

Canada Day – Wednesday, July 1
 Terry Fox Day – Monday, August 3
 Labour Day – Monday, September 7

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