



# St. James Assiniboia Centennial Pool

644 Parkdale St.

Schedule effective January 4 – March 21, 2026

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

## Facility closures:

Louis Riel Day – Monday, February 16

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Public swim</b>	9 a.m. – 5 p.m. 8 – 9 p.m.	<b>Limited space</b> 8:30-8:45 a.m. 8:45 – 9:30 a.m. 1:15 – 5 p.m. 8 – 8:30 p.m.	<b>Limited space</b> 8:30 – 8:45 a.m. 8:45 – 9:30 a.m. <b>Limited space</b> 1 – 4 p.m. 4 – 4:30 p.m. <b>Limited space</b> 4:30– 8:30 p.m.	<b>Limited space</b> 8:30-8:45 a.m. 8:45 – 9:30 a.m. 8 – 8:30 p.m.	<b>Limited space</b> 8:30-8:45 a.m. 8:45 – 9:30 a.m. 1:15 – 5 p.m. 8 – 8:30 p.m.	<b>Limited space</b> 8:30-8:45 a.m. 8:45 – 9:30 a.m. 1:15 – 5 p.m. <b>Limited space</b> 5 – 7 p.m. 7 – 8:30 p.m.	noon – 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. – 5 p.m. 8 – 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 – 4:30 p.m. 4:30 – 5 p.m.** 8 – 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 – 4:30 p.m. 4:30 – 6:30 p.m.**	<b>Limited space</b> 6 – 7:30 am 7:30 – 8 am <b>Limited Space</b> 8 - 11 a.m. 11 a.m. – 1:45 p.m. <b>Limited space</b> 8 – 8:30 p.m.	6 – 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 – 4:30 p.m. 4:30 – 5 p.m.** 8 – 8:30 p.m.	<b>Limited space</b> 6 – 7:30 am 7:30 – 8 am <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. 5 – 6 p.m.** 6 – 8:30 p.m.	<b>Limited space</b> 7 – 9 a.m.** noon – 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 – 10:30 a.m.	6 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m. <b>Limited space</b> 8:30 – 10:30 a.m.	6 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m. <b>Limited space</b> 8:30– 10:30 a.m.	7 a.m. – 8 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](https://winnipeg.ca/cms/recreation/leisure/registration.stm).

Hours are subject to change. Call 311 or visit [winnipeg.ca/pools](https://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.