



Seven Oaks Pool

444 Adsum Dr.

Schedule effective April 6 – June 14, 2025

Entry height requirements: 44 inches/112 cm at top of shoulder

Facility closures:
 Good Friday – Friday, April 18
 Easter Sunday – Sunday, April 20
 (closes at 4 p.m.)
 Easter Monday – Monday, April 21
 Victoria Day – Monday, May 19

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public swim	11 a.m. – 3:30 p.m.	Limited space 9 – 11 a.m.** 11 a.m. – 5 p.m.	Limited space 8:45 – 9:30 a.m.* 9:30 a.m. – 5 p.m. 8 – 9:30 p.m.	9 a.m. – 5 p.m.	Limited space 8:45 – 9:30 a.m.* 9:30 a.m. – 3:30 p.m. 8 – 8:30 p.m. Limited space 8:30 – 9:30 p.m.**	9 a.m. – 8 p.m.	noon – 6 p.m.
Sauna	11 a.m. – 3:30 p.m.	6:30 a.m. – 5 p.m.	6:30 a.m. – 5 p.m. 8 - 9:30 p.m.	6:30 a.m. – 5 p.m.	6:30 a.m. – 5 p.m. 8 - 9:30 p.m.	6:30 a.m. – 8 p.m.	noon. – 6 p.m.
Kiddie pool splash pad	11 a.m. – 3:30 p.m.	10 a.m. – 5 p.m.	10 a.m. – 5 p.m.	10 a.m. – 5 p.m.	10 a.m. – 5 p.m.	10 a.m. – 8 p.m.	noon – 6 p.m.
Reduced admission fees	—	—	—	—	Loonie/Toonie swim 3:30 p.m. – 5 p.m.	—	Free youth swim 9–19 years 6:30 - 8:30 p.m.
Lap swim	Limited space 11 a.m. – 3:30 p.m.	Limited space 6:30 a.m. – 5 p.m.	Limited space 6:30 a.m. – 5 p.m. 8 - 9:30 p.m.	Limited space 6:30 a.m. – 5 p.m.	Limited space 6:30 a.m. – 5 p.m. 8 - 9:30 p.m.	Limited space 6:30 a.m. – 8 p.m.	Limited space noon – 6 p.m.
Drop-in Aquafit	—	—	Aqualite – Deep 8:45 – 9:30 a.m. April 8 – June 10 Aquafit - Deep 6:30 – 7:30 p.m. April 8 – June 10	—	Aqualite – Deep 8:45 – 9:30 a.m. April 10 – June 5 Aquafit- Deep 6:30 – 7:30 p.m. April 10 – June 5	—	Aquafit - Deep 11:30 a.m. – 12:30 p.m. April 12 – June 14
In-person registration	11 a.m. – 6:30 p.m.	6:30 a.m. – 7:30 p.m.	6:30 a.m. – 9:00 p.m.	6:30 a.m. – 7:30 p.m.	6:30 a.m. – 9:00 p.m.	6:30 a.m. – 7:30 p.m.	10 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.

*The dive tank is closed during this time.
 **Only the shallow end is available during this time.