



# Pan Am Pool

## 25 Poseidon Bay

Schedule effective January 4 – March 21, 2026

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

### Facility closures:

Louis Riel Day –  
Monday, February 16  
(open 10 a.m. – 2 p.m.)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Shallow pool</b> Public swim	noon – 5 p.m.	5:45 – 9 a.m. 11:30 a.m. – 5 p.m.	5:45 a.m. – 5 p.m. 8 – 9:30 p.m.	5:45 – 9 a.m. 11:30 a.m. – 5 p.m. 8 – 9:30 p.m.	5:45 a.m. – 5 p.m. 8 – 9:30 p.m. <b>Limited space</b> 9:45 a.m. – 1 p.m.	5:45 – 9 a.m. 11:30 a.m. – 9:30 p.m.	noon – 5 p.m.
<b>Mid pool</b>	noon – 5 p.m.	<b>Limited space</b> 5:45 – 9 a.m. (50m) 11:15 a.m. – 5 p.m.	5:45 a.m. – 5 p.m. <b>Limited space</b> 8 – 9:30 p.m.	<b>Limited space</b> 5:45 – 9 a.m. (50m) 8 – 9:30 p.m. 11:15 a.m. – 5 p.m.	5:45 a.m. – 5 p.m. <b>Limited space</b> 8 – 9:30 p.m.	<b>Limited space</b> 5:45 – 9 a.m. (50m) 5 – 9:30 p.m. 11:15 a.m. – 5 p.m.	noon – 5 p.m. <b>Limited space</b> noon – 2 p.m.
<b>Diving boards</b>	noon – 5 p.m.	11:15 a.m. – 5 p.m.	8:30 a.m. – 5 p.m. 8 – 9:30 p.m.	11:15 a.m. – 5 p.m. 8 – 9:30 p.m.	8:30 a.m. – 5 p.m. 8 – 9:30 p.m.	11:15 a.m. – 5 p.m. 7 – 9:30 p.m.	noon – 5 p.m.
<b>Kiddie pool</b>	noon – 5 p.m.	11:15 a.m. – 5 p.m.	11:15 a.m. – 5 p.m.	11:15 a.m. – 5 p.m.	11:15 a.m. – 5 p.m.	9 a.m. – 8 p.m.	noon – 5 p.m.
<b>Training pool</b> Lap swim 25m	9 a.m. – 5 p.m.	9 a.m. – 4 p.m.	9 a.m. – 4 p.m.	9 a.m. – 4 p.m.	9 a.m. – 4 p.m.	9 a.m. – 4 p.m.	—
<b>Reduced admission fees</b>	—	—	<b>Free swim</b> 2:30 – 4:30 p.m.	—	—	—	—
<b>*Upper fitness centre</b> <b>*Walk/jog</b>	9 a.m. – 5 p.m.	5:45 a.m. – 9:30 p.m.	5:45 a.m. – 9:30 p.m.	5:45 a.m. – 9:30 p.m.	5:45 a.m. – 9:30 p.m.	5:45 a.m. – 9:30 p.m.	6:30 a.m. – 5 p.m.
<b>In-person registration</b>	9:30 a.m. – 4:30 p.m.	6:15 a.m. – 9 p.m.	6:15 a.m. – 9 p.m.	6:15 a.m. – 9 p.m.	6:15 a.m. – 9 p.m.	6:15 a.m. – 9 p.m.	7 a.m. – 4:30 p.m.

Pan Am Pool is Winnipeg's host site for many aquatic events, therefore schedules change frequently. Please refer to our events schedule on our website at [winnipeg.ca/cms/recreation/facilities/pools/indoor\\_pools/pan\\_am.stm#events](http://winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/pan_am.stm#events) or contact 311.

Reserve an available drop-in fitness class space using your Active Living membership. Go to [winnipeg.ca/leisureonline](http://winnipeg.ca/leisureonline), call 311 or visit any in-person registration location. For registration information, go to [winnipeg.ca/cms/recreation/leisure/registration.stm](http://winnipeg.ca/cms/recreation/leisure/registration.stm). Hours are subject to change. Call 311 or visit [winnipeg.ca/pools](http://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 13 years using the walk/jog area must be supervised by an adult.