



Pan Am Pool

25 Poseidon Bay

Schedule effective March 22 – April 4, 2026

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

Holiday Hours:

Good Friday – Friday, April 3

Open 10 a.m. – 2 p.m.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shallow pool 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 – 9:45 a.m. Limited space 9:45 a.m. – 1 p.m. 1 – 5 p.m. 8 – 9:30 p.m.	5:45 – 9 a.m. 11:30 a.m. – 9:30 p.m.	noon – 5 p.m.
Mid pool	noon – 5 p.m.	Limited space 5:45 – 9 a.m. (50m) 11:15 a.m. – 5 p.m.	5:45 a.m. – 5 p.m. Limited space 8 – 9:30 p.m.	Limited space 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. Limited space 8 – 9:30 p.m.	Limited space 5:45 – 9 a.m. (50m) 5 – 9:30 p.m. 11:15 a.m. – 5 p.m.	Limited space noon – 2 p.m. 2 – 5 p.m.
Diving boards	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.
Kiddie pool	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.
Training pool 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.	–
Reduced admission fees	–	–	Free swim 2:30 – 4:30 p.m.	–	–	–	–
*Upper fitness centre *Walk/jog	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.
In-person registration	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 or contact 311.

Reserve an available drop-in fitness class space using your Active Living membership. Go to winnipeg.ca/leisureonline, call 311 or visit any in-person registration location. 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 13 years using the walk/jog area must be supervised by an adult.