



# Pan Am Pool

## 25 Poseidon Bay

Schedule effective July 1 – September 7, 2026

Entry height requirements: 44 inches/112 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               |
|---|------------------------|--|--|--|--|--|------------------------|
| <b>Shallow pool</b><br>Public swim              | 10 a.m. – 5 p.m.       | 5:45 – 9 a.m.<br>noon – 5 p.m.<br>7:30 – 9 p.m.              | 5:45 – 9 a.m.<br>noon – 5 p.m.<br>7:30 – 9 p.m.    | 5:45 – 9 a.m.<br>noon – 5 p.m.<br>7:30 – 9 p.m.              | 5:45 – 9 a.m.<br>noon – 5 p.m.<br>7:30 – 9 p.m.    | 5:45 – 9 a.m.<br>noon – 5 p.m.<br>7:30 – 9 p.m.              | 10 a.m. – 5 p.m.       |
| <b>Mid pool</b>                                 | 10 a.m. – 5 p.m.       | 5:45 – 8 a.m. <b>(50m)</b><br>noon – 5 p.m.<br>7:30 – 9 p.m. | 5:45 – 8:45 a.m.<br>noon – 5 p.m.<br>7:30 – 9 p.m. | 5:45 – 8 a.m. <b>(50m)</b><br>noon – 5 p.m.<br>7:30 – 9 p.m. | 5:45 – 8:45 a.m.<br>noon – 5 p.m.<br>7:30 – 9 p.m. | 5:45 – 8 a.m. <b>(50m)</b><br>noon – 5 p.m.<br>7:30 – 9 p.m. | 10 a.m. – 5 p.m.       |
| <b>Diving boards</b>                            | 10 a.m. – 5 p.m.       | noon – 5 p.m.  | noon – 5 p.m.<br>7:30 – 9 p.m.                     | noon – 5 p.m.<br>7:30 – 9 p.m.                               | noon – 5 p.m.<br>7:30 – 9 p.m.                     | noon – 5 p.m.<br>7:30 – 9 p.m.                               | 10 a.m. – 5 p.m.       |
| <b>Kiddie pool</b>                              | 10 a.m. – 5 p.m.       | noon – 5 p.m.  | noon – 5 p.m.                                      | noon – 5 p.m.  | noon – 5 p.m.                                      | noon – 5 p.m.  | 10 a.m. – 5 p.m.       |
| <b>Training pool</b><br>Lap swim 25m            | 10 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><br>2:30 – 4:30 p.m.               | –  | –  | –  | –                      |
| <b>*Upper fitness centre/<br/>Walk/jog area</b> | 10 a.m. – 5 p.m.       | 5:45 a.m. – 9 p.m.   | 5:45 a.m. – 9 p.m.                                 | 5:45 a.m. – 9 p.m.   | 5:45 a.m. – 9 p.m.                                 | 5:45 a.m. – 9 p.m.   | 10 a.m. – 5 p.m.       |
| <b>In-person registration</b>                   | 10:30 a.m. – 4:30 p.m. | 6:15 a.m. – 8:30 p.m.  | 6:15 a.m. – 8:30 p.m.                              | 6:15 a.m. – 8:30 p.m.  | 6:15 a.m. – 8:30 p.m.                              | 6:15 a.m. – 8:30 p.m.  | 10:30 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.