



# St. James Assiniboia Centennial Pool

644 Parkdale St.

Schedule effective April 7 – June 15, 2024

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

**Facility closures:**  
Victoria Day – Monday, May 20

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Public swim</b>	9 a.m. – 5 p.m. 8 – 9 p.m.	8:30 – 9:30 a.m. 1:15 – 5 p.m. 8 – 8:30 p.m.	8:30 – 9:30 a.m. 4 – 8:30 p.m. <b>Limited space</b> 1 – 5 p.m.	8:30 – 9:30 a.m. 8 – 8:30 p.m.	8:30 – 9:30 a.m. 1:15 – 5 p.m. 8 – 8:30 p.m.	8:30 – 9:30 a.m. 1:15 – 8:30 p.m.	Noon - 5:45 p.m.
<b>Shallow lap jog</b>	–	6 – 8:30 a.m. 11 a.m. – 1:15 p.m.	6 – 8:30 a.m. 11 a.m. – 1 p.m.	6 – 8:30 a.m. 11 a.m. – 1:45 p.m.	6 – 8:30 a.m. 11:45 a.m. – 1:15 p.m.	6 - 8:30 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 – 8:30 a.m. 11 a.m. – 1:15 p.m. <b>Limited space</b> 8:30 – 11 a.m. <b>Starting May 6 – Only one lane</b> 1:15 – 5 p.m. 8 – 8:30 p.m.	7:30 – 8:30 a.m. 11 a.m. – 1 p.m. <b>Limited space</b> 6 – 7:30 a.m. 1 – 5 p.m. 5 – 6:30 p.m. <b>Only one lane</b> 8:30 – 11 a.m. <b>Only one lane</b> <b>No lap space after 6:30 p.m.</b>	6 – 8:30 a.m. 11 a.m. – 1:45 p.m. <b>Limited space</b> 8 – 8:30 p.m. 8:30 – 11 a.m. <b>Only one lane</b>	7:30 – 8:30 a.m. 11:45 a.m. – 1:15 p.m. <b>Limited space</b> 6 – 7:30 a.m. 8:30 – 9:30 a.m. 1:15 – 5 p.m. 8 – 8:30 p.m. 9:30 – 11:45 a.m. <b>Only one lane</b>	6 - 8:30 a.m. 11:45 a.m. - 1:15 p.m. <b>Limited space</b> 8:30 – 9:30 a.m. 1:15 – 5 p.m. 6 – 8:30 p.m. 9:30 – 11:45 a.m. <b>Only one lane</b> 5 – 6 p.m. <b>Only one lane</b>	<b>Limited space</b> Noon – 5:45 p.m. 7 – 9 a.m. <b>Only one lane</b>
<b>Reduced fees</b>	–	–	–	<b>Free Swim</b> 1:45 – 4:45 p.m.	–	–	<b>Free Teen Swim 9–19 years</b> 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> <b>8:30 – 10:30 a.m.</b>	6 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m. <b>Limited space</b> <b>8:30 – 9:30 a.m.</b> <b>11:00 a.m. - Noon</b>	6 a.m. – 8:30 p.m.	6 a.m. – 8:30 p.m. <b>Limited space</b> <b>8:30 – 10:30 a.m.</b>	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](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 8 are not permitted on the track. Persons under the age of 13 years must supervised by an adult.