## Pan Am Pool

Schedule effective September 5 – 30, 2023

<table>
<thead>
<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>Long Course</strong></td>
<td>Noon - 5 p.m.</td>
<td>5:45 – 9 a.m.</td>
<td>5:45 a.m. – 5 p.m.</td>
<td>5:45 – 9 a.m.</td>
<td>5:45 a.m. – 5 p.m.</td>
<td>Noon – 5 p.m.</td>
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<tr>
<td><strong>Short Course</strong></td>
<td>Noon – 5 p.m.</td>
<td>5:45 – 9 a.m.</td>
<td>5:45 a.m. – 5 p.m.</td>
<td>5:45 – 9 a.m.</td>
<td>5:45 a.m. – 5 p.m.</td>
<td>Noon – 5 p.m.</td>
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### Shallow Pool

|                  | Noon – 5 p.m.| 5:45 – 9 a.m.           | 5:45 a.m. – 5 p.m.       | 5:45 – 9 a.m.            | 5:45 a.m. – 5 p.m.| Noon – 5 p.m.           |
| **Mid Pool**     | Noon – 5 p.m.| 5:45 – 9 a.m.           | 5:45 a.m. – 5 p.m.       | 5:45 – 9 a.m.            | 5:45 a.m. – 5 p.m.| Noon – 5 p.m.           |
| **Diving Boards**| Noon – 5 p.m.| 5:45 – 9 a.m.           | 5:45 a.m. – 5 p.m.       | 5:45 – 9 a.m.            | 5:45 a.m. – 5 p.m.| Noon – 5 p.m.           |
| **Kiddie Pool**  | Noon – 5 p.m.| 5:45 – 9 a.m.           | 5:45 a.m. – 5 p.m.       | 5:45 – 9 a.m.            | 5:45 a.m. – 5 p.m.| Noon – 5 p.m.           |

### Training Pool

|                  | 9:00 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. |
| **Lap Swim 25m** | 9 a.m. – 5 p.m.    | Noon – 5 p.m.   | 9 a.m. – 4 p.m. | Noon – 5 p.m.   | Noon – 5 p.m.   | Noon – 5 p.m.   |

### Free Swim

3 – 5 p.m.

**Use of Weight Room restricted to those over 16 years of age or 12 – 15 years with adult supervision.**

**Walk/Jog Area:** Persons under the age of 13 years must be supervised by an adult.

|                  | 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. | 6:30 a.m. – 5 p.m. |
| **Upper Weight Room** | 9 a.m. – 5 p.m. | Noon – 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. | 6:30 a.m. – 5 p.m. |
| **Walk/Jog Area**   | 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. | 6:30 a.m. – 5 p.m. |

|                  | 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. |
| **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. | 7 a.m. – 4:30 p.m. |

**For Registration Information, visit** [winnipeg.ca/cms/recreation/leisure/registration.stm](http://winnipeg.ca/cms/recreation/leisure/registration.stm)

**Check out our “Swimming for all Ages” guide for course codes at** [winnipeg.ca/cms/recreation/leisureguide.stm](http://winnipeg.ca/cms/recreation/leisureguide.stm)

**Truth & Reconciliation Day**

**Saturday, September 30**

10 a.m. – 2 p.m.

Pan Am Pool is Winnipeg’s host site for many Aquatic Events, therefore Schedules change constantly.

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)

call 311 or visit

[winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/indoorpools.stm](http://winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/indoorpools.stm)