

Pan Am Pool**25 Poseidon Bay**

height entry requirement 44" / 112 cm at shoulders

Schedule effective March 19 – April 1, 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Long Course(50m) Mon/Wed/Fri 5:45am-9:00am			Short Course(25yds) Tues/Thurs 5:45am-9:00am		
Shallow Pool	12:00pm-5:00pm	5:45am – 9:00am 11:30am – 5:00pm	5:45am – 5:00pm 8:00pm – 9:30pm	5:45am – 9:00am 11:30am – 5:00pm 8:00pm – 9:30pm	5:45am-5:00pm 8:00pm – 9:30pm	5:45am – 9:00am 11:30am – 9:30pm	12:00pm - 5:00pm
Mid Pool	9:00am-5:00pm	5:45am – 9:00am 11:15am – 5:00pm	5:45am - 5:00pm 8:00pm – 9:30pm	5:45am – 9:00am 11:15am – 5:00pm 8:00pm – 9:30pm	5:45am – 5:00pm 8:00pm – 9:30pm	5:45am – 9:00am 11:15am – 9:30pm	12:00pm - 5:00pm
Diving Boards	12:00pm-5:00pm	11:15am – 5:00pm	11:15am - 5:00pm 8:00pm – 9:30pm	11:15am – 5:00pm	9:00am – 5:00pm 8:00pm – 9:30pm	11:15am – 5:00pm 7:00pm – 9:30pm	12:00pm - 5:00pm
Kiddie Pool	12:00pm-5:00pm	11:15am – 5:00pm	11:15am – 5:00pm	11:15am – 1:00pm 3:00pm – 5:00pm	11:30am – 5:00pm	9:00am – 8:00pm	12:00pm - 5:00pm
Training Pool Lap Swim 50m	9:00am-5:00pm	9:00am - 4:00pm	9:00am – 4:00pm	9:00am – 4:00pm	9:00am – 4:00pm	9:00am – 4:00pm	

**Free Swim
3:00pm – 5:00pm**

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.

Upper Weight Room	9:00am – 5:00pm	5:45am – 9:30pm	5:45am – 9:30pm	5:45am – 9:30pm	5:45am – 9:30pm	5:45am – 9:30pm	6:30am – 5:00pm
Walk/Jog Area	9:00am – 5:00pm	5:45am – 9:30pm	5:45am – 9:30pm	5:45am – 9:30pm	5:45am – 9:30pm	5:45am – 9:30pm	6:30am – 5:00pm
In Person Registration	9:30am – 4:30pm	6:15am – 9:00pm	6:15am – 9:00pm	6:15am – 9:00pm	6:15am – 9:00pm	6:15am – 9:00pm	7:00am – 4:30pm

For Registration Information, visit <http://winnipeg.ca/cms/recreation/leisure/registration.stm>

Check out our “Swimming for all Ages” guide for course codes

at <http://winnipeg.ca/cms/recreation/leisureguide.stm>

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

www.winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/pan_am.stm#events

call 311 or visit

http://winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/indoorpools.stm