

Seven Oaks Pool

Schedule effective March 19 – April 1, 2023

444 Adsum Drive

height entry requirement 44" / 112 cm at shoulders

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim	11:00 am – 7:00 pm	9:00 am – 8:00 pm	9:00 am – 9:30 pm	9:00 am - 12:30 pm 12:30-3:00pm No shallow space March 22 nd 3:00 pm - 8:00 pm	9:00 am – 9:30 pm Dive Tank Closed 8:30 pm – 9:30 pm	9:00 am – 8:00 pm	9:00 am – 6:00 pm
Sauna	11:00 am – 7:00pm	6:30 am- 8:00 pm	6:30 am- 9:30 pm	6:30 am- 8:00 pm	6:30 am- 9:30 pm	6:30 am – 8:00 pm	9:00 am-6:30 pm
Swimming Lessons		12:00pm – 3:00pm March 27 th -31 st	12:00pm – 3:00pm March 27 th -31 st	12:00pm – 3:00pm March 27 th -31 st	12:00pm – 3:00pm March 27 th -31 st	12:00pm – 3:00pm March 27 th -31 st	
Kiddie Pool Splash Pad	11:00 am – 7:00 pm	10:00 am – 8:00 pm	10:00 am – 8:00 pm	10:00 am – 8:00 pm	10:00 am – 8:00 pm	10:00 am - 8:00 pm	12:00 pm – 6:00 pm
Reduced Admission Fees							Free Teen Swim 9-19 years 6:30 pm - 8:30 pm
Lap Swim *Limited Space	*11:00 am – 7:00 pm	*6:30 am – 8:00 pm	6:30 am – 8:00 pm **8:00 pm - 9:30 pm	*6:30 am – 8:00 pm	6:30 am – 8:00 pm *8:00 pm - 9:30 pm	6:30 am - 8:00 pm	*9:00 am – 6:00 pm
Aqua Fit Drop In			Deep Aqua 6:30 pm – 7:30 pm March 21		Deep Aqua 6:30 pm – 7:30 pm March 23		Deep Aqua 12:00-1:00pm March 25
In Person Registration	11:00 am – 7:00 pm	6:30 am - 8:00 pm	6:30 am - 9:30 pm	6:30 am - 8:00 pm	6:30 am - 9:30 pm	6:30 am - 7:00 pm	9:00 am - 8:30 pm

Visit <http://winnipeg.ca/cms/recreation/registration.stm> for Registration Information

Check in-person registration times at the facility of your choice.

Check Swimming for all Ages at <http://winnipeg.ca/cms/recreation/leisureguide.stm> for swim course codes

Hours subject to change - Call 311 or visit http://winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/indoorpools.stm for schedule updates