

Seven Oaks Pool

444 Adsum Drive

Schedule effective April 2 - June 10, 2023

height entry requirement 44" / 112 cm at shoulders

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim *Limited Space	11:00 am – 3:30 pm	*9:00 am – 5:00 pm	Dive Tank Closed 8:45 am-9:30a m *9:00 am – 5:00 pm 8:00 pm - 9:30 pm	*9:00 am – 5:00 pm	Dive Tank Closed 8:45 am-9:30a m *9:00 am – 5:00 pm 8:00 pm - 9:30 pm Dive Tank Closed 8:30 pm -9:30 pm	*9:00 am – 8:00 pm	12:00 pm – 6:00 pm Dive Tank opens @ 12:30 pm
Sauna	11:00 am – 4:00pm	6:30 am- 5:00 pm	6:30 am- 5:00 pm 8:00 pm – 9:30 pm	6:30 am- 5:00 pm	6:30 am- 5:00 pm 8:00 pm – 9:30 pm	6:30 am – 8:00 pm	12:00 pm-6:30 pm
Swimming Lessons	4:00pm – 7:00pm	5:00pm – 8:00pm	5:00pm – 8:00pm	5:00pm – 8:00pm	5:00pm – 8:00pm		9:00am – 12:00pm
Kiddie Pool Splash Pad	11:00 am – 3:30 pm	10:00 am – 5:00 pm	10:00 am – 5:00 pm	10:00 am – 5:00 pm	10:00 am – 5:00 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 – 3:30 pm	*6:30 am – 5:00 pm	6:30 am – 5:00 pm **8:00 pm - 9:30 pm	*6:30 am – 5:00 pm	6:30 am – 5:00 pm *8:00 pm - 9:30 pm	6:30 am - 8:00 pm	*12:00 pm – 6:00 pm
Aqua Fit Drop In			Deep Aqualite 8:45 am – 9:30 am Apr 4 – Jun 13 Deep Aqua 6:30 pm – 7:30 pm Apr 11 – Jun 13		Deep Aqualite 8:45 am – 9:30 am Apr 6 – Jun 15 Deep Aqua 6:30 pm – 7:30 pm Apr 13 – Jun 15		Deep Aqua 11:30-12:30pm Apr 15 – Jun 17
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

CLOSURE DATES - April 7 - Good Friday, April 10 - Easter Monday, May 22, 2023 - Victoria Day

Early Closures: Sunday April 9 - Easter Sunday closed at 4:00pm

Facility Closed on June 1 at 4:00pm for staff training

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