



Pool Schedule


In Effect June 30 - August 31

Poirier Sport and Leisure Complex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 11 a.m. 3 Lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 11 a.m. 3 Lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes
Lap Swim 9:30 a.m. - 1 p.m. 2 Lanes	Aquafit 9:30 - 10:30 a.m. No Lanes	Aquafit 11:15 a.m. - 12:15 p.m. No Lanes	Aquafit 9:30 - 10:30 a.m. No Lanes	Aquafit 11:15 a.m. - 12:15 p.m. No Lanes	Aquafit 9:30 - 10:30 a.m. No Lanes	Lap Swim 9:30 a.m. - 1 p.m. 2 Lanes
Lap & Leisure Swim 1 - 4 p.m. 1 Lane	Lap Swim 10:30 a.m. - 12:30 p.m. 3 Lanes	Lap & Leisure Swim 12:30 - 2 p.m. 1 Lane	Lap Swim 10:30 a.m. - 12:30 p.m. 3 Lanes	Lap & Leisure Swim 12:30 - 2 p.m. 1 Lane	Lap Swim 10:30 a.m. - 12:30 p.m. 1 - 3 Lanes	Lap & Leisure Swim 1 - 4 p.m. 1 Lane
Lap Swim 4 - 8 p.m. 2 Lanes	Lap & Leisure Swim 12:30 - 2 p.m. 1 Lane	Lap Swim 2 - 8 p.m. 2 Lanes	Lap & Leisure Swim 12:30 - 2 p.m. 1 Lane	Lap Swim 2 - 8 p.m. 2 Lanes	Lap & Leisure Swim 12:30 - 2 p.m. 1 Lane	Lap Swim 4 - 8 p.m. 2 Lanes
Lap Swim 8 - 10 p.m. 4 Lanes	Lap Swim 2 - 8 p.m. 2 Lanes	Aquafit 8 - 9 p.m. No Lanes	Lap Swim 2 - 8 p.m. 1 Lane	Aquafit 8 - 9 p.m. No Lanes	Lap Swim 2 - 8 p.m. 1 Lane	Lap Swim 8 - 10 p.m. 2 Lanes
	Lap & Leisure Swim 8 - 10 p.m. 3 Lanes	Lap & Leisure Swim 9 - 10 p.m. 2 Lane	Lap & Leisure Swim 8 - 10 p.m. 4 Lanes	Lap & Leisure Swim 9 - 10 p.m. 2 Lanes	Lap & Leisure Swim 8 - 10 p.m. 4 Lanes	

Schedule subject to change without notice. *Pre-registration is required for this program. ** Adult participation required.

Special Information

Lap Swim Lanes are available for length swimming (8 yrs+)	Sensory Swim Standard swim with no music for a quieter experience	Facility Hours 6 a.m. - 10 p.m.	Statutory Holidays July 1, August 4, September 1	Scan for the most up-to-date schedule 
Leisure Swim Space available for water walking and leisure swimming	8 - 9 a.m. July 1, August 4, September 1		Holiday Hours 8 a.m. - 8 p.m.	Updated 06/03/2025



Pool Schedule

In Effect June 30 - August 31

Poirier Sport and Leisure Complex


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leisure & Lap Swim 6 - 9:30 a.m. 1 Lane	Leisure & Lap Swim 6 - 9 a.m. 1 Lane	Leisure & Lap Swim 6 - 9 a.m. 1 Lane	Leisure & Lap Swim 6 - 9 a.m. 1 Lane	Leisure & Lap Swim 6 - 9 a.m. 1 Lane	Leisure & Lap Swim 6 - 9 a.m. 1 Lane	Leisure & Lap Swim 6 - 9:30 a.m. 1 Lane
Leisure Swim & Lessons 9:30 a.m. - 8 p.m.	Aquafit 11 a.m. - 12 p.m.	Aquafit 9 - 10 a.m.	Aquafit 11 a.m. - 12 p.m.	Aquafit 9 - 11 a.m.	Aquafit 11 a.m. - 12 p.m.	Leisure Swim & Lessons 9:30 a.m. - 8 p.m.
Family Swim 7 - 9 p.m.	Leisure Swim & Lessons 9 a.m. - 8 p.m.	Leisure Swim & Lessons 9 a.m. - 8 p.m.	Leisure Swim & Lessons 9 a.m. - 8 p.m.	Leisure Swim & Lessons 9 a.m. - 8 p.m.	Leisure Swim & Lessons 9 a.m. - 8 p.m.	Leisure Swim 8 - 10 p.m.
Leisure Swim 8 - 10 p.m.	Leisure Swim 8 - 10 p.m.	Leisure Swim 8 - 10 p.m.	Leisure Swim 8 - 10 p.m.	Leisure Swim 8 - 10 p.m.	Leisure Swim 8 - 10 p.m.	

Aquafit Classes

	Shallow Fit 9:30 - 10:30 a.m. Lap Pool	Low Impact 9 - 10 a.m. Leisure Pool	Shallow Fit & Deep Fit 9:30 - 10:30 a.m. Lap Pool	Low Impact 9 - 10 a.m. Leisure Pool	Shallow Fit 9:30 - 10:30 a.m. Lap Pool	
	Gentle Fit 11 a.m. - 12 p.m. Leisure Pool	Shallow Fit 11 a.m. - 12 p.m. Lap Pool	Gentle Fit 11 a.m. - 12 p.m. Leisure Pool	Adapted Aqua Movement* 10:15 - 11 a.m. Leisure Pool	Gentle Fit 11 a.m. - 12 p.m. Leisure Pool	
		Deep Fit 8:15 - 9:15 p.m. Lap Pool		Shallow Fit 11:15 a.m. - 12:15 p.m. Lap Pool		
				Deep Fit 8:15 - 9:15 p.m. Lap Pool		

Schedule subject to change without notice. *Pre-registration is required for this program. ** Adult participation required.

Special Information

Family Swims Sundays 7 - 9 p.m. Family Rate \$3.38/person Little Dippers Adult & Tot Swim Tues & Thurs 10:15 - 11:15 a.m. \$1/person	Before or After Swim Practice Swim for half price 30 minutes before or after lessons to practice your skills.	Aquafit Description Shallow Fit Moderate cardio in shallow water to improve muscle tone and balance. Deep Fit High-intensity deep water workout for limited mobility or injury recovery.	Gentle Fit Light movement for limited mobility or injury recovery. Low Impact Water exercises to build strength and support daily function.	Scan for the most up-to-date schedule  Updated 06/03/2025
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