Lap Pool

Summer 2025

Pool Schedule

In Effect June 30 - August 31

Poirier Sport and Leisure Complex

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
6 - 9:30 a.m.	6 - 11 a.m.	6 - 9:30 a.m.	6 - 11 a.m.	6 - 9:30 a.m.	6 - 9:30 a.m.
4 Lanes	3 Lanes	4 Lanes	3 Lanes	4 Lanes	4 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 Swim	Lap & Leisure	Lap Swim	Lap & Leisure	Lap Swim	Lap & Leisure
10:30 a.m	Swim	10:30 a.m	Swim	10:30 a.m	Swim
12:30 p.m.	12:30 - 2 p.m.	12:30 p.m.	12:30 - 2 p.m.	12:30 p.m.	1 - 4 p.m.
3 Lanes	1 Lane	3 Lanes	1 Lane	1 - 3 Lanes	1 Lane
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	Aquafit	Lap Swim	Aquafit	Lap Swim	Lap Swim
2 - 8 p.m.	8 - 9 p.m.	2 - 8 p.m.	8 - 9 p.m.	2 - 8 p.m.	8 - 10 p.m.
2 Lanes	No Lanes	1 Lane	No Lanes	1 Lane	2 Lanes
Lap & Leisure	Lap & Leisure	Lap & Leisure	Lap & Leisure	Lap & Leisure	
Swim	Swim	Swim	Swim	Swim	
8 - 10 p.m.	9 - 10 p.m.	8 - 10 p.m.	9 - 10 p.m.	8 - 10 p.m.	
3 Lanes	2 Lane	4 Lanes	2 Lanes	4 Lanes	
	Lap Swim 6 - 9:30 a.m. 4 Lanes Aquafit 9:30 - 10:30 a.m. No Lanes Lap Swim 10:30 a.m 12:30 p.m. 3 Lanes Lap & Leisure Swim 12:30 - 2 p.m. 1 Lane Lap Swim 2 - 8 p.m. 2 Lanes Lap & Leisure Swim 8 - 10 p.m.	Lap Swim 6 - 9:30 a.m. 6 - 11 a.m. 4 Lanes 3 Lanes Aquafit 11:15 a.m. 9:30 - 10:30 a.m. 12:15 p.m. No Lanes No Lanes Lap Swim 12:35 p.m. 12:30 p.m. 12:30 - 2 p.m. 1 Lane 1 Lane Lap Swim 2 - 8 p.m. 1 Lanes 2 - 8 p.m. 2 Lanes Aquafit 8 - 9 p.m. No Lanes Lap & Leisure No Lanes Lap & Leisure Swim 8 - 10 p.m. 9 - 10 p.m.	Lap Swim 6 - 9:30 a.m. 4 Lanes 4 Lanes 4 Lanes 4 Lanes 6 - 11 a.m. 6 - 9:30 a.m. 4 Lanes Aquafit 9:30 - 10:30 a.m. 4 Lanes 4 Lanes Aquafit 11:15 a.m. 12:15 p.m. No Lanes Lap Swim 10:30 a.m. No Lanes Lap Swim 12:30 p.m. 12:30 p.m. 12:30 p.m. 1 Lane 1 Lane 1 Lane 1 Lane Lap Swim 2 - 8 p.m. 1 Lane 1 Lane Lap Swim 2 - 8 p.m. 1 Lane 1 Lane Lap Swim 2 - 8 p.m. 1 Lane 1 Lane Lap Swim 2 - 8 p.m. 1 Lane Lap Swim 2 - 10 p.m. 2 - 10 p.m. 8 - 10 p.m. 8 - 10 p.m.	Lap Swim 6 - 9:30 a.m. 4 Lanes Lap Swim 6 - 9:30 a.m. 3 Lanes Lap Swim 6 - 9:30 a.m. 4 Lanes Lap Swim 6 - 11 a.m. 3 Lanes Aquafit 9:30 - 10:30 a.m. 12:15 p.m. No Lanes Aquafit 11:15 a.m. 12:15 p.m. No Lanes Lap Swim 10:30 a.m. 12:30 p.m. 3 Lanes Lap Swim 12:30 p.m. 3 Lanes Lap Swim 12:30 p.m. 1 Lane Lap & Leisure Swim 12:30 p.m. 1 Lane Lap & Leisure Swim 12:30 - 2 p.m. 1 Lane Lap Swim 12:30 - 2 p.m. 1 Lane Lap Swim 12:30 - 2 p.m. 1 Lane Lap Swim 12:30 - 2 p.m. 1 Lane Aquafit 8 - 9 p.m. 1 Lane Lap Swim 2 - 8 p.m. 1 Lane Aquafit 8 - 9 p.m. 1 Lane Aquafit 8 - 9 p.m. 1 Lane Aquafit 8 - 9 p.m. No Lanes Lap & Leisure Swim 8 - 10 p.m. Lap & Leisure Swim 8 - 10 p.m. Lap & Leisure Swim 9 - 10 p.m. Lap & Leisure Swim 9 - 10 p.m.	Lap Swim 6 - 9:30 a.m. 4 Lanes Lap Swim 6 - 9:30 a.m. 3 Lanes Lap Swim 6 - 9:30 a.m. 4 Lanes Aquafit 9:30 - 10:30 a.m. 12:15 p.m. No Lanes Aquafit 11:15 a.m. 12:15 p.m. No Lanes Lap Swim 10:30 a.m. 12:30 p.m. 12:

Schedule subject to change without notice.

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 Holiday Hours	Scan for IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII
Leisure Swim Space available for	8 - 9 a.m.		8 a.m 8 p.m.	Updated
water walking and leisure swimming	July 1, August 4, September 1			06/03/2025



^{*}Pre-registration is required for this program.

^{**} Adult participation required.

Leisure Pool

Summer 2025

Pool Schedule

In Effect June 30 - August 31

Poirier Sport and Leisure Complex

rolliel 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. Family Swim 7 - 9 p.m. Leisure Swim 8 - 10 p.m.	Aquafit 11 a.m 12 p.m. Leisure Swim & Lessons 9 a.m 8 p.m. Leisure Swim 8 - 10 p.m.	Aquafit 9 - 10 a.m. Leisure Swim & Lessons 9 a.m 8 p.m. Leisure Swim 8 - 10 p.m.	Aquafit 11 a.m 12 p.m. Leisure Swim & Lessons 9 a.m 8 p.m. Leisure Swim 8 - 10 p.m.	Aquafit 9 - 11 a.m. Leisure Swim & Lessons 9 a.m 8 p.m. Leisure Swim 8 - 10 p.m.	Aquafit 11 a.m 12 p.m. Leisure Swim & Lessons 9 a.m 8 p.m. Leisure Swim 8 - 10 p.m.	Leisure Swim & Lessons 9:30 a.m 8 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	

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

Schedule subject to change without notice.

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





^{*}Pre-registration is required for this program.

^{**} Adult participation required.