



## Pool Schedule


In Effect Sept 2 - Dec 30

## Poirier Sport &amp; Leisure Complex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim</b> 6 - 10 a.m. 2 Lanes	<b>Lap Swim</b> 6 - 9:30 a.m. 4 Lanes	<b>Lap Swim</b> 6 - 11 a.m. 3 Lanes	<b>Lap Swim</b> 6 - 9:30 a.m. 4 Lanes	<b>Lap Swim</b> 6 - 11 a.m. 3 Lanes	<b>Lap Swim</b> 6 - 9:30 a.m. 4 Lanes	<b>Lap Swim</b> 6 - 10 a.m. 2 Lanes
<b>Lap Swim</b> 10 - 1 p.m. 1 Lane	<b>No Lanes</b> 9:30 - 10:30 a.m.	<b>No Lanes</b> 11 a.m. - 12 p.m. No Lanes	<b>No Lanes</b> 9:30 - 10:30 a.m.	<b>No Lanes</b> 11 a.m. - 12 p.m. No Lanes	<b>No Lanes</b> 9:30 - 10:30 a.m.	<b>Lap Swim</b> 10 a.m. - 1 p.m. 1 Lane
<b>Lap &amp; Leisure Swim</b> 1 - 4:30 p.m. 2 Lanes	<b>Lap Swim</b> 10:30 - 12:30 p.m. 3 Lanes	<b>Lap &amp; Leisure Swim</b> 12:30 - 3:30 p.m. 4 Lane	<b>Lap Swim</b> 10:30 - 12:30 p.m. 3 Lanes	<b>Lap &amp; Leisure Swim</b> 12:30 - 3:30 p.m. 4 Lane	<b>Lap Swim</b> 10:30 a.m. - 12:30 p.m. 1 - 3 Lanes	<b>Lap &amp; Leisure Swim</b> 1 - 4:30 p.m. 2 Lanes
<b>No Lanes</b> 4:30 - 6:30 p.m.	<b>Lap &amp; Leisure Swim</b> 12:30 - 3:30 p.m. 4 Lanes	<b>Lap Swim</b> 3:30 - 8:30 p.m. 2 Lanes	<b>Lap &amp; Leisure Swim</b> 12:30 - 5 p.m. 2 Lane	<b>Lap Swim</b> 3:30 - 8:30 p.m. 2 Lanes	<b>Lap &amp; Leisure Swim</b> 12:30 - 5 p.m. 2 Lane	<b>No Lanes</b> 4:30 - 6:30 p.m.
<b>Lap Swim</b> 6:30 - 8:30 p.m. 2 Lanes	<b>Lap Swim</b> 3:30 - 8:30 p.m. 1 Lane	<b>No Lanes</b> 8:30 - 9:30 p.m.	<b>Lap Swim</b> 5 - 6:30 p.m. 1 Lane	<b>No Lanes</b> 8 - 9 p.m.	<b>Lap Swim</b> 5 - 6:30 p.m. 1 Lane	<b>Lap Swim</b> 6:30 - 8:30 p.m. 2 Lanes
<b>Lap &amp; Leisure Swim</b> 8:30 - 10 p.m. 2 Lanes	<b>Lap &amp; Leisure Swim</b> 8:30 - 10 p.m. 3 Lanes	<b>Lap &amp; Leisure Swim</b> 9:30 - 10 p.m. 2 Lane	<b>Lap Swim</b> 6:30 - 8:30 p.m. 2 Lanes	<b>Lap &amp; Leisure Swim</b> 9 - 10 p.m. 2 Lane	<b>Lap Swim</b> 6:30 - 8:30 p.m. 2 Lanes	<b>Lap &amp; Leisure Swim</b> 8:30 - 10 p.m. 2 Lanes
			<b>Lap &amp; Leisure Swim</b> 8:30 - 10 p.m. 4 Lanes		<b>Lap &amp; Leisure Swim</b> 8:30 - 10 p.m. 4 Lanes	

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

## Special Information

<b>Lap Swim</b> Lanes are available for length swimming (8 yrs+)	<b>Sensory Swim</b> Standard swim with no music for a quieter experience	<b>Facility Hours</b> 6 a.m. - 10 p.m.	<b>Statutory Holidays</b> September 30, October 13, November 11	<b>Scan for the most up-to-date schedule</b> 
<b>Leisure Swim</b> Space available for water walking and leisure swimming	8 - 9 a.m. <i>Offered on Statutory Holidays</i>		<b>Holiday Hours</b> 8 a.m. - 8 p.m.	Updated 08/27/2025



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Leisure &amp; Lap Swim</b> 6 - 10 a.m. 1 Lane <b>Leisure Swim &amp; Lessons</b> 10 a.m. - 8:30 p.m. <b>Family Swim</b> 7 - 9 p.m. <b>Leisure Swim</b> 8:30 - 10 p.m.	<b>Leisure &amp; Lap Swim</b> 6 - 10 a.m. 1 Lane <b>Leisure Swim &amp; Lessons</b> 10 a.m. - 12 p.m. <b>Leisure &amp; Lap Swim</b> 12 - 3:30 p.m. 1 Lane <b>Leisure Swim &amp; Lessons</b> 3:30 - 10 p.m.	<b>Leisure &amp; Lap Swim</b> 6 - 10 a.m. 1 Lane <b>Leisure Swim &amp; Lessons</b> 10 a.m. - 12 p.m. <b>Leisure &amp; Lap Swim</b> 12 - 3:30 p.m. 1 Lane <b>Leisure Swim &amp; Lessons</b> 3:30 - 10 p.m.	<b>Leisure &amp; Lap Swim</b> 6 - 10 a.m. 1 Lane <b>Leisure Swim &amp; Lessons</b> 10 a.m. - 12 p.m. <b>Leisure &amp; Lap Swim</b> 12 - 3:30 p.m. 1 Lane <b>Leisure Swim &amp; Lessons</b> 3:30 - 10 p.m.	<b>Leisure &amp; Lap Swim</b> 6 - 10 a.m. 1 Lane <b>Leisure Swim &amp; Lessons</b> 10 a.m. - 12 p.m. <b>Leisure &amp; Lap Swim</b> 12 - 3:30 p.m. 1 Lane <b>Leisure Swim &amp; Lessons</b> 3:30 - 10 p.m.	<b>Leisure &amp; Lap Swim</b> 6 - 10 a.m. 1 Lane <b>Leisure Swim &amp; Lessons</b> 10 a.m. - 12 p.m. <b>Leisure &amp; Lap Swim</b> 12 - 3:30 p.m. 1 Lane <b>Leisure Swim &amp; Lessons</b> 3:30 - 10 p.m.	<b>Leisure &amp; Lap Swim</b> 6 - 10 a.m. 1 Lane <b>Leisure Swim &amp; Lessons</b> 10 a.m. - 8:30 p.m. <b>Family Swim</b> 7 - 9 p.m. <b>Leisure Swim</b> 8:30 - 10 p.m.

## Aquafit Classes

	<b>Shallow Fit</b> 9:30 - 10:30 a.m. Lap Pool  <b>Gentle Fit</b> 11 a.m. - 12 p.m. Leisure Pool	<b>Low Impact</b> 8:30 - 9:30 a.m. Leisure Pool  <b>Shallow Fit</b> 11 a.m. - 12 p.m. Lap Pool  <b>Deep Fit</b> 8:30 - 9:30 p.m. Lap Pool	<b>Shallow Fit &amp; Deep Fit</b> 9:30 - 10:30 a.m. Lap Pool  <b>Gentle Fit</b> 11 a.m. - 12 p.m. Leisure Pool	<b>Low Impact</b> 8:30 - 9:30 a.m. Leisure Pool  <b>Adapted Aqua Movement*</b> 9:45 - 10:30 a.m. Leisure Pool  <b>Shallow Fit</b> 11 a.m. - 12 p.m. Lap Pool  <b>Deep Fit</b> 8 - 9 p.m. Lap Pool	<b>Shallow Fit</b> 9:30 - 10:30 a.m. Lap Pool	
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## Special Information

<b>Family Swims</b> Sundays 7 - 9 p.m. Family Rate \$3.38/person <b>Little Dippers</b> Adult & Tot Swim Tues & Thurs 10:15 - 11:15 a.m. \$1/person	<b>Before or After Swim Practice</b> Swim for half price 30 minutes before or after lessons to practice your skills.	<b>Aquafit Descriptions</b> <b>Shallow Fit</b> Moderate cardio in shallow water to improve muscle tone and balance. <b>Deep Fit</b> High-intensity deep water workout for limited mobility or injury recovery.	<b>Gentle Fit</b> Light movement for limited mobility or injury recovery. <b>Low Impact</b> Water exercises to build strength and support daily function.	<b>Scan for the most up-to-date schedule</b>  Updated 08/27/2025
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