

Spring 2024

In effect May 6 - July 1

Poirier Sport & Leisure Complex

# Pool Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Main Pool - 25m</b>						
<b>Length Swim</b> 6 - 6:30 a.m. (2 Lanes)	<b>Length Swim</b> 6 - 7:30 a.m. (2 Lanes)	<b>Length Swim</b> 6 - 7:30 a.m. (2 Lanes)	<b>Length Swim</b> 6 - 7:30 a.m. (2 Lanes)	<b>Length Swim</b> 6 - 7:30 a.m. (2 Lanes)	<b>Length Swim</b> 6 - 7:30 a.m. (2 Lanes)	<b>Length Swim</b> 6 - 6:30 a.m. (2 Lanes)
<b>Length Swim</b> 6:30 - 10 a.m. (2 Lanes)	<b>Length Swim</b> 7:30 - 9:30 a.m. (4 Lanes)	<b>Length Swim</b> 7:30 - 11:15 a.m. (4 Lanes)	<b>Length Swim</b> 7:30 - 9:30 a.m. (4 Lanes)	<b>Length Swim</b> 7:30 - 11:15 a.m. (4 Lanes)	<b>Length Swim</b> 7:30 - 9:30 a.m. (4 Lanes)	<b>Length Swim</b> 6:30 - 10 a.m. (2 Lanes)
<b>Length Swim</b> 10 - 1 p.m. (1 Lanes)	<b>Closed - No Lanes</b> 9:30 - 10:30 a.m. Shallow Aqua Fit	<b>Closed - No Lanes</b> 11:15 - 12:15 p.m. Shallow Aqua Fit	<b>Closed - No Lanes</b> 9:30 - 10:30 a.m. Shallow Aqua Fit & Deep Aqua Fit	<b>Closed - No Lanes</b> 11:15 - 12:15 p.m. Shallow Aqua Fit	<b>Length Swim</b> 9:30 - 10:30 a.m. (3 Lanes)	<b>Length Swim</b> 10 - 1 p.m. (1 Lanes)
<b>Length &amp; Leisure</b> 1 - 4:30 p.m. (1 Lane) High Diving Board Open	<b>Length Swim</b> 10:30 - 4 p.m. (2 Lanes)	<b>Length Swim</b> 12:15 - 8:30 p.m. (2 Lanes)	<b>Length Swim</b> 10:30 - 4 p.m. (2 Lanes)	<b>Length Swim</b> 12:15 - 8:30 p.m. (2 Lanes)	<b>Length Swim</b> 10:30 - 4 p.m. (2 Lanes)	<b>Length &amp; Leisure</b> 1 - 4:30 p.m. (1 Lane) High Diving Board Open
<b>CLOSED - No Lanes</b> 4:30 - 6:30 p.m. (User Group)	<b>Length Swim</b> 4 - 8:30 p.m. (1 Lane)	<b>CLOSED - No Lanes</b> 8:30 - 9:30 p.m. Deep Fit	<b>Length Swim</b> 4 - 8:30 p.m. (1 Lane)	<b>CLOSED - No Lanes</b> 8:30 - 9:30 p.m. Deep Fit	<b>Length Swim</b> 4 - 8:30 p.m. (1 Lane)	<b>CLOSED - No Lanes</b> 4:30 - 6:30 p.m. (User Group)
<b>Length Swim</b> 6:30 - 10 p.m. (2 Lanes)	<b>Lengths &amp; Leisure</b> 8:30 - 10 p.m. (2 Lanes)	<b>Lengths &amp; Leisure</b> 9:30 - 10 p.m. (2 Lanes) High Diving Board Open	<b>Lengths &amp; Leisure</b> 8:30 - 10 p.m. (2 Lanes)	<b>Lengths &amp; Leisure</b> 9:30 - 10 p.m. (2 Lanes) High Diving Board Open	<b>Lengths &amp; Leisure</b> 8:30 - 10 p.m. (2 Lanes)	<b>Length Swim</b> 6:30 - 10 p.m. (2 Lanes)

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

## Special Swims & Information

### Little Dippers

Adult & Tot Swim  
10:15 - 11:15 a.m.  
Tue/Thur \$1:00/person

### Family Swims

Sundays 7 - 9 p.m.  
Family Rate \$3.29/person

### Facility Hours:

6 a.m. - 10 p.m.  
**Holiday Hours:**  
8 a.m. - 8 p.m.

### STAT Holidays:

Monday, May 20  
Monday, July 1

### Before or After Swim Practice

If you are currently enrolled in swim lessons, you can swim 30 minutes before or after lessons for half price and practice your skills!

### NO Length Swimming when 25m Pool CLOSED

Please see above for **ALL Closure** times.

### Sensory Swims:

Monday, May 20  
Monday, July 1  
8 - 9 a.m.

For the most up-to-date schedule



Last updated XXX. XX. 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Leisure Pool						
<b>Length Swim</b> 6 - 10 a.m. (1 Lanes)	<b>Leisure Swim &amp; Lengths Swim</b> 6 - 10:30 a.m. (1 Lane)	<b>Leisure Swim &amp; Lengths Swim</b> 6 - 9 a.m. (1 Lane)	<b>Leisure Swim &amp; Lengths Swim</b> 6 - 11 a.m. (1 Lane)	<b>Leisure Swim &amp; Lengths Swim</b> 6 - 9 a.m. (1 Lane)	<b>Leisure Swim &amp; Lengths Swim</b> 6 - 11 a.m. (1 Lane)	<b>Leisure Swim &amp; Lengths Swim</b> 6 - 10 a.m. (1 Lane)
<b>Leisure Swim &amp; Swimming Lessons</b> 10 - 8 p.m.	<b>Leisure Swim &amp; Gentle Aqua Fit</b> 10:30 - 11:30 a.m.	<b>Leisure Swim &amp; Low Impact AquaFit</b> 9 - 10 a.m.	<b>Leisure Swim &amp; Gentle Aqua Fit</b> 11 - 12 p.m.	<b>Leisure Swim &amp; Low Impact &amp; Adapted Aqua Movement*</b> 9 - 11 a.m.	<b>Leisure Swim &amp; Lengths Swim</b> 11 - 12 p.m. (1 Lane)	<b>Leisure Swim &amp; Swimming Lessons</b> 10 - 8 p.m.
<b>Leisure Swim</b> 8 - 10 p.m.	<b>Leisure Swim &amp; Lengths Swim</b> 11:30 - 3:30 p.m. (1 Lane)	<b>Leisure Swim &amp; Lengths Swim</b> 10 - 3:30 p.m. (1 Lane)	<b>Leisure Swim &amp; Lengths Swim</b> 12 - 3:30 p.m. (1 Lane)	<b>Leisure Swim &amp; Lengths Swim</b> 11 - 3:30 p.m. (1 Lane)	<b>Leisure Swim &amp; Lengths Swim</b> 12 - 3:30 p.m. (1 Lane)	<b>Leisure Swim</b> 8 - 10 p.m.
<b>Family Swim</b> 7 - 9 p.m.	<b>Leisure Swim &amp; Swimming Lessons</b> 3:30 - 10 p.m.	<b>Leisure Swim &amp; Swimming Lessons</b> 3:30 - 10 p.m.	<b>Leisure Swim &amp; Swimming Lessons</b> 3:30 - 10 p.m.	<b>Leisure Swim &amp; Swimming Lessons</b> 3:30 - 10 p.m.	<b>Leisure Swim &amp; Swimming Lessons</b> 3:30 - 10 p.m.	



### AquaFit Classes

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

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