

Poirier Sport & Leisure Complex

Pool Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main Pool - 25m						
Length Swim 6 - 9:30 a.m. (4 Lanes)	Length Swim 6 - 9:30 a.m. (3 Lanes)	Length Swim 6 - 11:15 a.m. (3 Lanes)	Length Swim 6 - 9:30 a.m. (3 Lanes)	Length Swim 6 - 11:15 a.m. (3 Lanes)	Length Swim 6 - 9:00 a.m. (3 Lanes)	Length Swim 6 - 10 a.m. (3 Lanes)
Length Swim 9:30 - 11 a.m. (2 Lanes)	Closed - No Lanes 9:30 - 10:30 a.m. Shallow Aqua Fit	Closed - No Lanes 11:15 - 12:15 p.m. Shallow Aqua Fit	Closed - No Lanes 9:30 - 10:30 a.m. Shallow Aqua Fit & Deep Aqua Fit	Closed - No Lanes 11:15 - 12:15 p.m. Shallow Aqua Fit	Length Swim 9:00 - 10:00 a.m. (2 Lanes)	Length Swim 10 - 1 p.m. (1 Lane)
Length Swim 11 - 1 p.m. (1 Lanes)	Length Swim 10:30 - 12:15 p.m. (4 Lanes)	Length & Leisure 12:15 - 3:00 p.m. (1 Lane) High Diving Board Open	Length Swim 10:30 - 12:15 p.m. (4 Lanes)	Length & Leisure 12:15 - 3:00 p.m. (1 Lane) High Diving Board Open	Length Swim 10:00 - 12:15 p.m. (4 Lanes)	Length & Leisure 1 - 3 p.m. (1 Lane) High Diving Board Open
Length & Leisure 1 - 3:00 p.m. (1 Lane) High Diving Board Open	Length & Leisure 12:15 - 3:00 p.m. (1 Lane) High Diving Board Open	Length Swim 3 - 8:30 p.m. (2 Lane)	Length & Leisure 12:15 - 3:00 p.m. (1 Lane) High Diving Board Open	Length Swim 3 - 8:30 p.m. (2 Lane)	Length & Leisure 12:15 - 3:00 p.m. (1 Lane) High Diving Board Open	Length Swim 3 - 4:30 p.m. (1 Lanes)
Length Swim 3 - 6:30 p.m. (1 Lanes)	Length Swim 3 - 8:30 p.m. (1 Lane)	CLOSED - No Lanes 8:30 - 9:30 p.m. Deep Fit	Length Swim 3 - 8:30 p.m. (1 Lane)	CLOSED - No Lanes 8:30 - 9:30 p.m. Deep Fit	Length Swim 3 - 8:30 p.m. (1 Lane)	CLOSED - No Lanes 4:30 - 6:30 p.m. (User Group)
Length Swim 6:30 - 10 p.m. (2 Lanes)	Lengths & Leisure 8:30 - 10 p.m. (2 Lanes) High Diving Board Open	Lengths & Leisure 9:30 - 10 p.m. (2 Lanes)	Lengths & Leisure 8:30 - 10 p.m. (2 Lanes) High Diving Board Open	Lengths & Leisure 9:30 - 10 p.m. (2 Lanes)	Lengths & Leisure 8:30 - 10 p.m. (2 Lanes) High Diving Board Open	Length Swim 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, July 1
Monday, Aug. 5
Monday, Sept. 2

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, July 1
Monday, Aug. 5
Monday, Sept. 2
8 - 9 a.m.

For the most up-to-date schedule



Last updated XXX. XX. 2023

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

Aquafit Classes

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

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