



Pool Schedule


In Effect Sept. 2 to Dec. 30

Poirier Sport & Leisure Complex

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

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 September 30, October 13, November 11	Scan for the most up-to-date schedule 
Leisure Swim Space available for water walking and leisure swimming	8 - 9 a.m. <i>Offered on Statutory Holidays</i>		Holiday Hours 8 a.m. - 8 p.m.	Updated 10/03/2025



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Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 8:30 p.m. Family Swim 7 - 9 p.m. Leisure Swim 8:30 - 10 p.m.	Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 12 p.m. Leisure & Lap Swim 12 - 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 - 10 p.m.	Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 12 p.m. Leisure & Lap Swim 12 - 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 - 10 p.m.	Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 12 p.m. Leisure & Lap Swim 12 - 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 - 10 p.m.	Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 12 p.m. Leisure & Lap Swim 12 - 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 - 10 p.m.	Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 12 p.m. Leisure & Lap Swim 12 - 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 - 10 p.m.	Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 8:30 p.m. Family Swim 7 - 9 p.m. Leisure Swim 8:30 - 10 p.m.

Aquafit Classes

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

Family Swims Sundays 7 - 9 p.m. Family Rate \$3.55 (tax incl.)/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 Descriptions 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 10/03/2025
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