



Pool Schedule

In Effect March 28 to April 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 a.m. – 1 p.m. 1 Lane	Lap Swim 9:30 – 11 a.m. 2 Lanes	No Lanes 11 a.m. – 12 p.m.	No Lanes 9:30 – 10:30 a.m.	No Lanes 11 a.m. – 12 p.m.	No Lanes 9:30 – 10:30 a.m.	Lap Swim 10 a.m. – 1 p.m. 1 Lane
Lap Swim 1 – 4:30 p.m. 2 Lanes	Lap & Leisure Swim 11 a.m. – 4 p.m. 2 Lanes	Lap & Leisure Swim 12 – 4 p.m. 2 Lanes	Lap & Leisure Swim 10:30 a.m. – 4 p.m. 2 Lanes	Lap & Leisure Swim 12 – 4 p.m. 2 Lanes	Lap & Leisure Swim 10:30 a.m. – 4 p.m. 2 Lanes	Lap Swim 1 – 4:30 p.m. 2 Lanes
No Lanes*** 4:30 – 6:30 p.m.	Lap Swim 4 – 5 p.m. 2 Lanes	Lap Swim 4 – 8:30 p.m. 2 Lanes	Lap Swim 4 – 5 p.m. 3 Lanes	Lap Swim 4 – 8 p.m. 2 Lanes	Lap Swim 4 – 5 p.m. 3 Lanes	No Lanes*** 4:30 – 6:30 p.m.
Lap Swim 6:30 – 8:30 p.m. 3 Lanes	No Lanes*** 5 – 6:30 p.m.	Lap & Leisure Swim 8:30 – 10 p.m. 3 Lanes	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. 3 Lanes
Lap & Leisure Swim 8:30 – 10 p.m. 2 Lanes	Lap Swim 6:30 – 8:30 p.m. 1 Lane		Lap Swim 6:30 – 8:30 p.m. 2 Lanes	Lap & Leisure Swim 9 – 10 p.m. 3 Lanes	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. 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.

***Additional lanes may be available between Apr.19 and Apr.30.

Special Information

Lap Swim Lanes are available for length swimming (8 yrs+) Leisure Swim Space available for water walking and leisure swimming	Sensory Swim Standard swim with no music for a quieter experience 8 – 9 a.m. Offered on Statutory Holidays	Facility Hours 6 a.m. – 10 p.m.	Statutory Holidays April 3 and April 6 Holiday Hours 8 a.m. – 8 p.m.	Scan for the most up-to-date schedule Updated 03/25/2026
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Pool Schedule

In Effect March 28 to April 30

Poirier Sport & Leisure Complex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leisure & Lap Swim 6 – 7:45 a.m. 1 Lane Leisure Swim & Lessons 7:45 a.m. – 8:30 p.m. Family Swim 7 – 9 p.m. Leisure Swim 8:30 – 10 p.m.	Leisure & Lap Swim 6 – 9 a.m. 1 Lane Leisure Swim & Lessons 9 – 11 a.m. Leisure & Lap Swim 12 – 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 – 10 p.m.	Leisure & Lap Swim 6 – 7:30 a.m. 1 Lane Leisure Swim & Lessons 7:30 – 10:30 a.m. Leisure & Lap Swim 10:30 a.m. – 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 – 10 p.m.	Leisure & Lap Swim 6 – 7:30 a.m. 1 Lane Leisure Swim & Lessons 7:30 – 11 a.m. Leisure & Lap Swim 12 – 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 – 10 p.m.	Leisure & Lap Swim 6 – 7:30 a.m. 1 Lane Leisure Swim & Lessons 7:30 – 10:30 a.m. Leisure & Lap Swim 10:30 a.m. – 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 – 10 p.m.	Leisure & Lap Swim 6 – 7:30 a.m. 1 Lane Leisure Swim & Lessons 7:30 – 11 a.m. Leisure & Lap Swim 12 – 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 – 10 p.m.	Leisure & Lap Swim 6 – 7:30 a.m. 1 Lane Leisure Swim & Lessons 7:30 a.m. – 8:30 p.m. Leisure Swim 8:30 – 10 p.m.

Facility

	Shallow Water Aquafit 9:30 – 10:30 a.m. Lap Pool Gentle Aquafit 11 a.m. – 12 p.m. Leisure Pool	Low Impact Aquafit 8:30 – 9:30 a.m. Leisure Pool Shallow Water Aquafit 11 a.m. – 12 p.m. Lap Pool	Shallow & Deep Water Aquafit 9:30 – 10:30 a.m. Lap Pool Gentle Aquafit 11 a.m. – 12 p.m. Leisure Pool	Low Impact Aquafit 8:30 – 9:30 a.m. Leisure Pool Adapted Aqua Movement* 9:45 – 10:30 a.m. Leisure Pool Shallow Water Aquafit 11 a.m. – 12 p.m. Lap Pool Deep Water Aquafit 8 – 9 p.m. Lap Pool	Shallow & Deep Water Aquafit 9:30 – 10:30 a.m. Lap Pool Gentle Aquafit 11 a.m. – 12 p.m. Leisure Pool	
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Schedule subject to change without notice. *Pre-registration is required for this program.

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 Water Aquafit Moderate cardio to improve muscle tone and balance. Deep Water Aquafit High-intensity workout for limited mobility or injury recovery.	Gentle Aquafit Light movement for limited mobility or injury recovery. Low Impact Aquafit Water exercises to build strength and support function.	Scan for the most up-to-date schedule Updated 03/25/2026
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