



Pool Schedule


In Effect May 1 to June 1

Poirier Sport & Leisure Complex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 6 – 10 a.m. 4 Lanes Lap & Leisure 10 – 4:30 p.m. 2 Lanes Pool Rental No Lanes 4:30 – 6:30 p.m. Lap & Leisure Swim 6:30 – 10 p.m. 2 Lanes	Lap Swim 6 – 9:30 a.m. 4 Lanes Aquafit No Lanes 9:30 – 10:30 a.m. Lap & Leisure 9:30 – 5 p.m. 2 Lanes Pool Rental No Lanes 5 – 6:30 p.m. Lap & Leisure 6:30 – 10 p.m. 2 Lanes	Lap Swim 6 – 7:30 a.m. 2 Lanes Lap Swim 7:30 – 11 a.m. 4 Lanes Aquafit No Lanes 11 – 12 p.m. Lap & Leisure 12 – 8:30 p.m. 2 Lanes Lap & Leisure 8:30 – 10 p.m. 3 Lanes	Lap Swim 6 – 9:30 a.m. 4 Lanes Aquafit No Lanes 9:30 – 10:30 a.m. Lap & Leisure 10:30 – 4:30 p.m. 2 Lanes Pool Rental No Lanes 4:30 – 6:30 p.m. Lap & Leisure 6:30 – 10 p.m. 2 Lanes	Lap Swim 6 – 7:30 a.m. 2 Lanes Lap Swim 7:30 – 11 a.m. 4 Lanes Aquafit No Lanes 11 – 12 p.m. Lap & Leisure 12 – 8 p.m. 2 Lanes Aquafit No Lanes 8 – 9 p.m. Lap & Leisure 9 – 10 p.m. 3 Lanes	Lap Swim 6 – 9:30 a.m. 4 Lanes Aquafit No Lanes 9:30 – 10:30 a.m. Lap & Leisure 10:30 – 4:30 p.m. 2 Lanes Pool Rental No Lanes 4:30 – 6:30 p.m. Lap & Leisure 6:30 – 10 p.m. 2 Lanes	Lap Swim 6 – 10 a.m. 4 Lanes Lap & Leisure 10 – 4:30 p.m. 2 Lanes Pool Rental No Lanes 4:30 – 6:30 p.m. Lap & Leisure Swim 6:30 – 10 p.m. 2 Lanes

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

Special Information

Lap Swim Lanes are available for length swimming (8 yrs+)	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. PSLC Annual Maintenance Closure June 2 – Jun.29 Re-opens Jul.6	Statutory Holidays May 18 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 May 1 to June 1

Poirier Sport & Leisure Complex


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leisure & Lap 6 - 10 a.m. 1 Lane	Leisure & Lap 6 - 10:30 a.m. 1 Lane	Leisure & Lap 6 - 7:30 a.m. 1 Lane	Leisure & Lap 6 - 10:30 a.m. 1 Lane	Leisure & Lap 6 - 7:30 a.m. 1 Lane	Leisure & Lap 6 - 10:30 a.m. 1 Lane	Leisure & Lap 6 - 10 a.m. 1 Lane
Leisure Swim 10 a.m. - 7 p.m.	Leisure Swim 9 a.m. - 10 p.m.	Leisure Swim 7:30 - 10 p.m.	Leisure Swim 9 a.m. - 10 p.m.	Leisure Swim 7:30 - 10 p.m.	Leisure Swim 9 a.m. - 10 p.m.	Leisure Swim 10 a.m. - 9 p.m.
Family Swim 7 - 9 p.m.						
Leisure Swim 9 - 10 p.m.						Leisure Swim 9 - 10 p.m.

Aquafit Classes

	Shallow Water Aquafit 9:30 - 10:30 a.m. Lap Pool	Low Impact Aquafit 8:30 - 9:30 a.m. Leisure Pool	Shallow & Deep Water Aquafit 9:30 - 10:30 a.m. Lap 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	Shallow Water Aquafit 11 a.m. - 12 p.m. Lap Pool	Gentle Aquafit 11 a.m. - 12 p.m. Leisure Pool		Gentle Aquafit 11 a.m. - 12 p.m. Leisure Pool	

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
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