



## Pool Schedule

In Effect May 1 to June 1

### Poirier Sport & Leisure Complex

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

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

### Special Information

<p><b>Lap Swim</b> Lanes are available for length swimming (8 yrs+)</p>	<p><b>Sensory Swim</b> Standard swim with no music for a quieter experience</p>	<p><b>Facility Hours</b> 6 a.m. - 10 p.m.</p>	<p><b>Statutory Holidays</b> May 18</p>	<p>Scan for the most up-to-date schedule</p> 
<p><b>Leisure Swim</b> Space available for water walking and leisure swimming</p>	<p>8 - 9 a.m. Offered on Statutory Holidays</p>	<p><b>PSLC Annual Maintenance Closure</b> June 2 - June 28 Re-opens June 29</p>	<p><b>Holiday Hours</b> 8 a.m. - 8 p.m.</p>	



# Pool Schedule

In Effect May 1 to June 1

## Poirier Sport & Leisure Complex

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

## Aquafit Classes

	<b>Shallow Water Aquafit</b> 9:30 - 10:30 a.m. Lap Pool	<b>Low Impact Aquafit</b> 8:30 - 9:30 a.m. Leisure Pool	<b>Shallow &amp; Deep Water Aquafit</b> 9:30 - 10:30 a.m. Lap Pool	<b>Low Impact Aquafit</b> 8:30 - 9:30 a.m. Leisure Pool <b>Adapted Aqua Movement*</b> 9:45 - 10:30 a.m. Leisure Pool <b>Shallow Water Aquafit</b> 11 a.m. - 12 p.m. Lap Pool <b>Deep Water Aquafit</b> 8 - 9 p.m. Lap Pool	<b>Shallow &amp; Deep Water Aquafit</b> 9:30 - 10:30 a.m. Lap Pool	
	<b>Gentle Aquafit</b> 11 a.m. - 12 p.m. Leisure Pool	<b>Shallow Water Aquafit</b> 11 a.m. - 12 p.m. Lap Pool	<b>Gentle Aquafit</b> 11 a.m. - 12 p.m. Leisure Pool		<b>Gentle Aquafit</b> 11 a.m. - 12 p.m. Leisure Pool	

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

## Special Information

<b>Family Swims</b> Sundays 7 - 9 p.m. Family Rate \$3.55 (tax incl.)/person <b>Little Dippers</b> Adult & Tot Swim Tues & Thurs 10:15 - 11:15 a.m. \$1/person	<b>Before or After Swim Practice</b> Swim for half price 30 minutes before or after lessons to practice your skills.	<b>Aquafit Descriptions</b> <b>Shallow Water Aquafit</b> Moderate cardio to improve muscle tone and balance. <b>Deep Water Aquafit</b> High-intensity workout for limited mobility or injury recovery.	<b>Gentle Aquafit</b> Light movement for limited mobility or injury recovery. <b>Low Impact Aquafit</b> Water exercises to build strength and support function.	Scan for the most up-to-date schedule  Updated
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