



Pool Schedule

In Effect Sept 8 to Jan 2

Poirier Sport & Leisure Complex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 6 - 6:30 a.m. 6 Lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 8 a.m. 2 Lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 8 a.m. 2 Lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 6:30 a.m. 6 Lanes
Lap & Leisure 6:30 a.m. - 4:30 p.m. 2 Lanes	Aquafit No Lanes 9:30 - 10:30 a.m.	Lap Swim 8 - 11 a.m. 4 Lanes	Aquafit No Lanes 9:30 - 10:30 a.m.	Lap Swim 8 - 11 a.m. 4 Lanes	Aquafit No Lanes 9:30 - 10:30 a.m.	Lap & Leisure 6:30 a.m. - 4:30 p.m. 2 Lanes
Pool Rental No Lanes 4:30 - 6:30 p.m.	Lap Swim 10:30 - 5 p.m. 2 Lanes	Aquafit No Lanes 11 a.m. - 12 p.m.	Lap Swim 10:30 a.m. - 3:30 p.m. 2 Lanes	Aquafit No Lanes 11 a.m. - 12 p.m.	Lap Swim 10:30 a.m. - 3:30 p.m. 2 Lanes	Pool Rental No Lanes 4:30 - 6:30 p.m.
Lap & Leisure 6:30 - 8:30 p.m. 2 Lanes	Pool Rental No Lanes 5 - 6:30 p.m.	Lap Swim 12 - 3:30 p.m. 2 Lanes	Lap Swim 3:30 - 4:30 p.m. 3 Lanes	Lap Swim 12 - 3:30 p.m. 2 Lanes	Lap Swim 3:30 - 4:30 p.m. 3 Lanes	Lap & Leisure 6:30 - 10 p.m. 2 Lanes
Lap Swim 8:30 - 10 p.m. 4 Lanes	Lap & Leisure 6:30 - 10 p.m. 2 Lanes	Lap Swim 3:30 - 8:30 p.m. 2 Lanes	Pool Rental No Lanes 4:30 - 6:30 p.m.	Lap Swim 3:30 - 8:30 p.m. 2 Lanes	Pool Rental No Lanes 4:30 - 6:30 p.m.	
		Lap & Leisure 8:30 - 10 p.m. 4 Lanes	Lap & Leisure 6:30 - 8:30 p.m. 2 Lanes	Aquafit No Lanes 8:30 - 9:30 p.m.	Lap & Leisure 6:30 - 10 p.m. 2 Lanes	
			Lap & Leisure 8:30 - 10 p.m. 4 Lanes	Lap & Leisure 9:30 - 10 p.m. 2 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 7, September 30, October 12, November 11	Scan for the most up-to-date schedule 
Leisure Swim Space available for water walking and leisure swimming	8 - 9 a.m. Offered on Statutory Holidays		Holiday Hours 8 a.m. - 8 p.m.	Updated 08/12/2026



Pool Schedule

In Effect Sept 8 to Jan 2

Poirier Sport & Leisure Complex

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

Facility

	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 Shallow & 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	
	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			

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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 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 08/12/2026
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