

Poirier Sport & Leisure Complex

Pool Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN POOL - 25m						
Length Swim 6 – 6:30 a.m. (4 Lanes)	Length Swim 6 – 9 a.m. (4 Lanes)	Length Swim 6 – 8 a.m. (2 Lanes)	Length Swim 6 – 9:30 a.m. (4 Lanes)	Length Swim 6 – 8 a.m. (2 Lanes)	Length Swim 6 – 9:30 a.m. (4 Lanes)	Length Swim 6 – 6:30 a.m. (4 Lanes)
Length Swim 6:30 – 9:30 a.m. (2 Lanes)	Closed – No Lanes 9 – 10 a.m. Shallow Aqua Fit	Length Swim 8 – 11:15 a.m. (2 Lanes)	Closed - No Lanes 9:30 – 10:30 a.m. Shallow Aqua Fit & Deep Aqua Fit	Length Swim 8 – 11:15 a.m. (2 Lanes)	Closed – No Lanes 9:30 – 10:30 a.m. Shallow Aqua Fit & Deep Aqua Fit	Length Swim 6:30 – 10 a.m. (2 Lanes)
Length Swim 9:30 a.m. – 1 p.m. (2 Lanes)	Length Swim 10a.m. – 3:30 p.m. (2 Lanes)	Closed – No Lanes 11:15 a.m. – 12:15 p.m. Shallow Aqua Fit	Length Swim 10:30 a.m. – 5 p.m. (2 Lanes)	Closed - No Lanes 11:15 a.m. – 12:15 p.m. Shallow Aqua Fit	Length Swim 10:30 a.m. – 5 p.m. (2 Lanes)	Length Swim 10 a.m. – 1 p.m. (2 Lanes)
Length & Leisure 1 – 3 p.m. (1 Lane) High Diving Board Open	Length Swim 3:30pm-5:00pm (2 Lanes)	Length Swim 12:15 – 8:30 p.m. (2 Lanes)	Length Swim 5 – 6:30 p.m. (1 Lane)	Length Swim 12:15 – 8:30 p.m. (2 Lanes)	Length Swim 5 – 6:30 p.m. (1 Lane)	Length & Leisure 1 – 3 p.m. (1 Lane) High Diving Board Open
Length Swim 3 – 4:30 p.m. (2 Lanes)	Closed - No Lanes 5:00pm-6:30pm Special O	Closed – No Lanes 8:30 – 9:30 p.m. Deep Fit	Length Swim 6:30 – 9:30 p.m. (2 Lanes)	Length Swim 8:30 – 9:30 p.m. (3 Lanes)	Length Swim 6:30 – 9:30 p.m. (2 Lanes)	Length Swim 3 – 4:30 p.m. (2 Lanes)
Length Swim 6:30 – 10 p.m. (2 Lanes)	Length Swim 6:30pm-10:00pm (2 Lanes)	Lengths & Leisure 9:30 – 10 p.m. (2 Lanes) High Diving Board Open	Lengths & Leisure 9:30 – 10 p.m. (2 Lanes) High Diving Board Open	Lengths & Leisure 9:30 – 10 p.m. (2 Lanes) High Diving Board Open	Lengths & Leisure 9:30 – 10 p.m. (2 Lanes) High Diving Board Open	Length Swim 6:30 – 10 p.m. (2 Lanes)

Schedule subject to change without notice.

*Pre-registration is required for this program.

** Adult participation required.

SPECIAL SWIMS

Little Dippers
Adult & Tot Swim
10:15 – 11:15 a.m.
Tue/Thur \$1/person

Toonie Swim
9 – 10 p.m.
Every Day

Sensory-friendly Swim
Sept.30
Oct.10
Nov.11
8 – 9 a.m.

Family Swims
Sundays
7 – 9 p.m.
Family Rate \$3.29/person

Before or After Swim Practice
If you are currently enrolled in swim lessons, you can swim 30 minutes before or after lessons for half price and practice your skills!

No Length Swimming:
25m Pool Closed
Sunday 4:30 – 6:30 p.m.
Monday 5 – 6:30 p.m.
Saturday 4:30 – 6:30 p.m.

FOR THE MOST UP-TO-DATE SCHEDULE



Last updated Sept. 1, 2022

LEISURE POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lengths & Leisure Swim 6 – 7:30 a.m. (1 Lane)	Lengths & Leisure Swim 6 – 10:30 a.m. (1 Lane)	Lengths & Leisure Swim 6 – 9:30 a.m. (1 Lane)	Lengths & Leisure Swim 6 – 11 a.m. (1 Lane)	Lengths & Leisure Swim 6 – 9:30 a.m. (1 Lane)	Lengths & Leisure Swim 6 – 11 a.m. (1 Lane)	Lengths & Leisure Swim 6 – 7:30 a.m. (1 Lane)
Leisure Swim & Swimming Lessons 7:30 a.m. – 8 p.m.	Leisure Swim & Gentle Aqua Fit 10:30 – 11:30 a.m.	Leisure Swim & Adaptive Fit 9:30 – 10:30 a.m.	Leisure Swim & Gentle Aqua Fit 11 a.m. – 12 p.m.	Leisure Swim & Adaptive Aqua Fit 9:30 – 10:30 a.m.	Leisure Swim & Gentle Aqua Fit 11 a.m. – 12 p.m.	Leisure Swim & Swimming Lessons 7:30 a.m. – 8 p.m.
Leisure & Family Swim 8 – 10 p.m. (1 Lane)	Lengths & Leisure Swim 11:30 a.m. – 3:30 p.m. (1 Lane)	Lengths & Leisure Swim 10:30 a.m. – 3:30 p.m. (1 Lane)	Leisure & Lengths Swim 12 – 3:30 p.m. (1 Lane)	Lengths & Leisure Swim 10:30 a.m. – 3:30 p.m. (1 Lane)	Leisure & Lengths Swim 12 – 3 p.m. (1 Lane)	Leisure & Family Swim 8 – 10 p.m.
	Leisure Swim & Swimming Lessons 3:30 – 10 p.m.	Leisure & Swimming Lessons 3:30 – 8:30 p.m.	Leisure Swim & Swimming Lessons 3:30 – 10 p.m.	Leisure Swim & Swimming Lessons 3:30 – 10 p.m.	Leisure Swim & Swimming Lessons 3:30 – 10 p.m.	

AQUA FIT

	Shallow Aqua Fit 9 – 10 a.m. Lap Pool	Adaptive Aqua Fit 9:30 – 10:30 a.m. Leisure Pool	Shallow Aqua Fit & Deep Aqua Fit 9:30 – 10:30 a.m. Lap Pool	Adaptive Aqua Fit 9:30 – 10:30 a.m. Leisure Pool	Shallow Aqua Fit & Deep Aqua Fit 9:30 – 10:30 a.m. Lap Pool	
	Gentle Aqua Fit 10:30 – 11:30 a.m. Leisure Pool	Shallow Aqua Fit 11:15 a.m. – 12:15 p.m. Lap Pool	Gentle Aqua Fit 11 a.m. – 12 p.m. Leisure Pool	Shallow Aqua Fit 11:15 a.m. – 12:15 p.m. Lap Pool	Gentle Aqua Fit 11 – 12 p.m. Leisure Pool	
		Deep Aqua Fit 8:30 – 9:30 p.m. Lap Pool				

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