



*I can go to a swimming pool*

Coquitlam   
**SPIRIT** *Caring, connections  
& community*

**I am going swimming!  
It will be so much fun.**



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**There are two pools in Coquitlam  
— Poirier Sport & Leisure Complex  
and City Centre Aquatic Complex.**

**In the summer, I can visit  
an outdoor pool too.**



**When I arrive, I will check in at the front desk. The front desk staff will show me where the changing rooms are.**

**Changing rooms have lockers to keep my belongings safe, and showers to rinse off before and after I swim.**



**When I go swimming,  
I'll wear my bathing suit.  
I can also wear goggles  
to see underwater.**



**I can borrow a PFD  
during my visit.**

**Wearing a PFD helps me  
float and keeps me safe  
in deep water.**



**Lifeguards work at the pool to keep me safe.  
If I need help, I can ask a lifeguard.**



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**The pool deck can be slippery,  
so I use my walking feet only  
(no running) and I stay with  
my special person.**

**If I am taking a swimming  
lesson, I stay with my  
instructor.**



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**There are lots of sights and sounds at the pool.**

**I might hear waves, water features, people playing and splashing, and music.**





**Swimming is so much fun!  
I will have a great time.**



For help with your individualized recreation support plan,  
contact us at [communityservices@coquitlam.ca](mailto:communityservices@coquitlam.ca)