

Summer2025

In effect June 30 – August 31

Poirier Sport & Leisure Complex

Pool Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main Pool - 25m (Lap Pool)						
Lap Swim 6 - 9:30 am 4 Lanes	Lap Swim 6 - 9:30 am 4 Lanes	Lap Swim 6 - 11 am 3 Lanes	Lap Swim 6 - 9:30 am 4 Lanes	Lap Swim 6 - 11 am 3 Lanes	Lap Swim 6 - 9:30 am 4 Lanes	Lap Swim 6 - 9:30 am 4 Lanes
Lap Swim 9:30 - 1 pm 2 Lanes	Closed - No Lanes 9:30 - 10:30 am Shallow Aqua Fit	Closed - No Lanes 11:15 - 12:15 pm Shallow Aqua Fit	Closed - No Lanes 9:30 - 10:30 am Shallow Aqua Fit & Deep Aqua Fit	Closed - No Lanes 11:15 - 12:15 pm Shallow Aqua Fit	Closed - No Lanes 9:30 - 10:30 am Shallow Aqua Fit	Lap Swim 9:30 - 1 pm 2 Lanes
Lap & Leisure Swim 1 - 4 pm 1 Lane High Diving Board Open	Lap Swim 10:30 - 12:30 pm 3 Lanes	Lap & Leisure Swim 12:30 - 2 pm 1 Lane High Diving Board Open	Lap Swim 10:30 - 12:30 pm 3 Lanes	Lap & Leisure Swim 12:30 - 2 pm 1 Lane High Diving Board Open	Lap Swim 10:30 - 12:30 pm 1-3 Lanes <i>Subject to change</i>	Lap & Leisure Swim 1 - 4 pm 1 Lane High Diving Board Open
Lap Swim 4 - 8 pm 2 Lanes	Lap & Leisure Swim 12:30 - 2 pm 1 Lane High Diving Board Open	Lap Swim 2 - 8 pm 2 Lanes	Lap & Leisure Swim 12:30 - 2 pm 1 Lane High Diving Board Open	Lap Swim 2 - 8 pm 2 Lanes	Lap & Leisure Swim 12:30 - 2 pm 1 Lane High Diving Board Open	Lap Swim 4 - 8 pm 2 Lanes
Lap Swim 8 - 10 pm 4 Lanes	Lap Swim 2 - 8 pm 2 Lanes	CLOSED - No Lanes 8 - 9 pm Deep Fit	Lap Swim 2 - 8 pm 1 Lane	CLOSED - No Lanes 8 - 9 pm Deep Fit	Lap Swim 2 - 8 pm 1 Lane	Lap Swim 8 - 10 pm 2 Lanes High Diving Board Open
	Lap & Leisure Swim 8 - 10 pm 3 Lanes	Lap & Leisure Swim 9 - 10 pm 2 Lanes High Diving Board Open	Lap & Leisure Swim 8 - 10 pm 4 Lanes	Lap & Leisure Swim 9:30 - 10 pm 2 Lanes High Diving Board Open	Lap & Leisure Swim 8 - 10 pm 4 Lanes	

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

Special Swims & Information

Little Dippers
Adult & Tot Swim
10:15 - 11:15 a.m.
Tue/Thur \$1:00/person

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

Facility Hours:
6 a.m. - 10 p.m.
Holiday Hours:
8 a.m. - 8 p.m.

STAT Holidays:
Tuesday, July 1
Monday, Aug. 4
Monday, Sept. 1

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 when 25m Pool CLOSED
Please see above for ALL Closure times.

Sensory Swims:
Tuesday, July 1
Monday, Aug. 4
Monday, Sept. 1
8 - 9 a.m.

For the most up-to-date schedule



Last updated May 26, 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Leisure Pool						
Leisure Swim & Lap Swim 6 - 9:30 am 1 Lane	Leisure Swim & Lap Swim 6 - 9 am 1 Lane	Leisure Swim & Lap Swim 6 - 9 am 1 Lane	Leisure Swim & Lap Swim 6 - 9 am 1 Lane	Leisure Swim & Lap Swim 6 - 9 am 1 Lane	Leisure Swim & Lap Swim 6 - 9 am 1 Lane	Leisure Swim & Lap Swim 6 - 9:30 am 1 Lane
Leisure Swim & Swimming Lessons 9:30 am - 8 pm	Leisure Swim & Gentle Aqua Fit 11 - 12 pm	Leisure Swim & Low Impact AquaFit 9 - 10 am	Leisure Swim & Gentle Aqua Fit 11 - 12 pm	Leisure Swim & Low Impact & Adapted Aqua Movement* 9 - 11 am	Leisure Swim & Gentle Aqua Fit 11 - 12 pm	Leisure Swim & Swimming Lessons 9:30 am - 8 pm
Leisure Swim & Family Swim 8 - 10 pm	Leisure Swim & Swimming Lessons 12 - 8 pm	Leisure Swim & Swimming Lessons 12 - 8 pm	Leisure Swim & Swimming Lessons 12 - 8 pm	Leisure Swim & Swimming Lessons 12 - 8 pm	Leisure Swim & Swimming Lessons 12 - 8 pm	Leisure Swim 8 - 10 pm
	Leisure Swim 8 - 10 pm	Leisure Swim 8 - 10 pm	Leisure Swim 8 - 10 pm	Leisure Swim 8 - 10 pm	Leisure Swim 8 - 10 pm	

Aquafit Classes

	Shallow Aqua Fit 9:30 - 10:30 a.m. Lap Pool	Low Impact Aqua Fit 9 - 10 am Leisure Pool	Shallow Aqua Fit & Deep Aqua Fit 9:30 - 10:30 am Main Pool	Low Impact Aqua Fit 9 - 10 am Leisure Pool	Shallow Aqua Fit 9:30 - 10:30 am Main Pool	
	Gentle Aqua Fit 11 - 12 pm Leisure Pool	Shallow Aqua Fit 11:15 - 12:15 pm Main Pool	Gentle Aqua Fit 11 - 12 pm Leisure Pool	Adapted Aqua Movement* 10:15 - 11 am Leisure Pool	Gentle Aqua Fit 11 - 12 pm Leisure Pool	
		Deep Aqua Fit 8 - 9 pm Main Pool		Shallow Aqua Fit 11:15 - 12:15 pm Main Pool		
				Deep Aqua Fit 8 - 9 pm Main Pool		

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