## **Lap Pool**

# **%** Fall 2025

## **Pool Schedule**

In Effect Sept 2 - Dec 30

## **Poirier Sport & Leisure Complex**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim</b> 6 - 10 a.m. 2 Lanes	<b>Lap Swim</b> 6 - 9:30 a.m. 4 Lanes	<b>Lap Swim</b> 6 - 11 a.m. 3 Lanes	<b>Lap Swim</b> 6 - 9:30 a.m. 4 Lanes	<b>Lap Swim</b> 6 - 11 a.m. 3 Lanes	<b>Lap Swim</b> 6 - 9:30 a.m. 4 Lanes	<b>Lap Swim</b> 6 - 10 a.m. 2 Lanes
<b>Lap Swim</b> 10 - 1 p.m. 1 Lane	<b>No Lanes</b> 9:30 - 10:30 a.m.	<b>No Lanes</b> 11 - 12 p.m. No Lanes	<b>No Lanes</b> 9:30 - 10:30 a.m.	<b>No Lanes</b> 11 - 12 p.m. No Lanes	<b>No Lanes</b> 9:30 - 10:30 a.m.	<b>Lap Swim</b> 10 - 1 p.m. 1 Lane
<b>Lap Swim</b> 1 - 4:30 p.m. 2 Lanes	<b>Lap Swim</b> 10:30 - 12:30 p.m. 3 Lanes	<b>Lap &amp; Leisure</b> <b>Swim</b> 12:30 - 3:30 p.m. 4 Lane	<b>Lap Swim</b> 10:30 - 12:30 p.m. 3 Lanes	<b>Lap &amp; Leisure</b> <b>Swim</b> 12:30 - 3:30 p.m. 4 Lane	<b>Lap Swim</b> 10:30 - 12:30 p.m. 1 - 3 Lanes	<b>Lap Swim</b> 1 - 4:30 p.m. 2 Lanes
<b>No Lanes</b> 4:30 - 6:30 p.m.	<b>Lap &amp; Leisure</b> <b>Swim</b> 12:30 - 3:30 p.m. 4 Lanes	<b>Lap Swim</b> 3:30 - 8 p.m. 2 Lanes	Lap & Leisure Swim 12:30 - 5 p.m. 2 Lane	<b>Lap Swim</b> 3:30 - 8 p.m. 2 Lanes	Lap & Leisure Swim 12:30 - 5 p.m. 2 Lane	<b>No Lanes</b> 4:30 - 6:30 p.m. <b>Lap Swim</b>
6:30 - 8:30 p.m. 2 Lanes	<b>Lap Swim</b> 3:30 - 8:30 p.m. 1 Lane	<b>No Lanes</b> 8 - 9 p.m.	<b>Lap Swim</b> 5 - 6:30 p.m. 1 Lane	<b>No Lanes</b> 8 - 9 p.m.	<b>Lap Swim</b> 5 - 6:30 p.m. 1 Lane	6:30 - 8:30 p.m. 2 Lanes
Lap & Leisure Swim 8:30 - 10 p.m. 2 Lanes	Lap & Leisure Swim 8:30 - 10 p.m. 3 Lanes	<b>Lap &amp; Leisure</b> <b>Swim</b> 9 - 10 p.m. 2 Lane	<b>Lap Swim</b> 6:30 - 8:30 p.m. 2 Lanes	<b>Lap &amp; Leisure</b> <b>Swim</b> 9 - 10 p.m. 2 Lane	<b>Lap Swim</b> 6:30 - 8:30 p.m. 2 Lanes	Lap & Leisure Swim 8:30 - 10 p.m. 2 Lanes
			Lap & Leisure Swim 8:30 - 10 p.m. 4 Lanes		Lap & Leisure Swim 8:30 - 10 p.m. 4 Lanes	

Schedule subject to change without notice.

## **Special Information**

<b>Lap Swim</b> Lanes are available for length swimming (8 yrs+)	<b>Sensory Swim</b> Standard swim with no music for a quieter experience	<b>Facility Hours</b> 6 a.m 10 p.m.	Statutory Holidays September 30, October 13, November 11 Holiday Hours	Scan for the most up-to-date schedule
<b>Leisure Swim</b> Space available for	8 - 9 a.m.		8 a.m 8 p.m.	Updated
water walking and leisure swimming	Offered on Statutory Holidays			10/24/2025



<sup>\*</sup>Pre-registration is required for this program.

<sup>\*\*</sup> Adult participation required.

#### **Leisure Pool**

## **%** Fall 2025

## **Pool Schedule**

In Effect Sept 2 - Dec 30

#### **Poirier Sport & Leisure Complex**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leisure & Lap Swim	Leisure & Lap Swim	Leisure & Lap Swim				
6 - 10 a.m.	6 - 10 a.m.	6 - 10 a.m.				
1 Lane	1 Lane	1 Lane				
	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	
Leisure Swim &	& Lessons	& Lessons	& Lessons	& Lessons	& Lessons	Leisure Swim &
Lessons	10 a.m	10 a.m	10 a.m	10 a.m	10 a.m	Lessons
10 a.m	12 p.m.	12 p.m.	12 p.m.	12 p.m.	12 p.m.	10 a.m
8:30 p.m.	Leisure & Lap	Leisure & Lap	Leisure & Lap	Leisure & Lap	Leisure & Lap	8:30 p.m.
· ·	Swim	Swim <sup>.</sup>	Swim	Swim	Swim <sup>.</sup>	· ·
Family Swim	12 - 3:30 p.m.	12 - 3:30 p.m.	Family Swim			
7 - 9 p.m.	1 Lane	1 Lane	1 Lane	1 Lane	1 Lane	7 - 9 p.m.
· ·	Leisure Swim &	Leisure Swim &	Leisure Swim &	Leisure Swim &	Leisure Swim &	·
Leisure Swim	Lessons	Lessons	Lessons	Lessons	Lessons	Leisure Swim
8:30 - 10 p.m.	3:30 - 10 p.m.	3:30 - 10 p.m	3:30 - 10 p.m	3:30 - 10 p.m	3:30 - 10 p.m	8:30 - 10 p.m.
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### **Aquafit Classes**

Shallow Fit 9:30 - 10:30 a.m. Lap Pool  Gentle Fit 11 a.m 12 p.m. Leisure Pool	Low Impact 8:30 - 9:30 a.m. Leisure Pool  Shallow Fit 11 a.m 12 p.m. Lap Pool  Shallow Fit *NEW* 8 - 9 p.m. Lap Pool	Shallow Fit & Deep Fit 9:30 - 10:30 a.m. Lap Pool  Gentle Fit 11 a.m 12 p.m. Leisure Pool				
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Schedule subject to change without notice.

\*Pre-registration is required for this program.

### **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 Fit Moderate
cardio in shallow water
to improve muscle
tone and balance.
Deep Fit High-intensity
deep water workout
for limited mobility or
injury recovery.

Gentle Fit Light movement for limited mobility or injury recovery. Low Impact Water exercises to build

exercises to build strength and support daily function.

Scan for the most up-to-date schedule

Updated

10/24/2025





<sup>\*\*</sup> Adult participation required.