

Lap Pool



Winter 2026

Pool Schedule

In Effect Jan. 3 to Mar. 27

Poirier Sport & Leisure Complex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 6 - 10 a.m. 2 Lanes	Lap Swim 6 - 9:30 a.m. 3 Lanes	Lap Swim 6 - 11 a.m. 3 Lanes	Lap Swim 6 - 9:30 a.m. 3 Lanes	Lap Swim 6 - 11 a.m. 3 Lanes	Lap Swim 6 - 9:30 a.m. 3 Lanes	Lap Swim 6 - 10 a.m. 2 Lanes
Lap Swim 10 a.m. - 1 p.m. 1 Lane	No Lanes 9:30 - 10:30 a.m.	No Lanes 11 a.m. - 12 p.m.	No Lanes 9:30 - 10:30 a.m.	No Lanes 11 a.m. - 12 p.m.	No Lanes 9:30 - 10:30 a.m.	Lap Swim 10 a.m. - 1 p.m. 1 Lane
Lap Swim 1 - 4:30 p.m. 2 Lanes	Lap & Leisure Swim 12:30 - 3:30 p.m. 2 Lanes	Lap & Leisure Swim 12:30 - 3:30 p.m. 2 Lane	Lap Swim 10:30 a.m. - 12:30 p.m. 3 Lanes	Lap & Leisure Swim 12:30 - 3:30 p.m. 2 Lanes	Lap Swim 10:30 a.m. - 12:30 p.m. 3 Lanes	Lap Swim 1 - 4:30 p.m. 1 Lane
No Lanes 4:30 - 6:30 p.m.	Lap Swim 3:30 - 5 p.m. 1 Lane	Lap Swim 3:30 - 8 p.m. 2 Lanes	Lap & Leisure Swim 12:30 - 5 p.m. 2 Lanes	Lap Swim 3:30 - 8 p.m. 2 Lanes	Lap & Leisure Swim 12:30 - 5 p.m. 2 Lanes	No Lanes 4:30 - 6:30 p.m.
Lap Swim 6:30 - 8:30 p.m. 2 Lanes	No Lanes 5 - 6:30 p.m.	Lap & Leisure Swim 8 - 10 p.m. 2 Lanes	Lap Swim 5 - 6:30 p.m. 1 Lane	No Lanes 8 - 9 p.m.	Lap Swim 5 - 6:30 p.m. 1 Lane	Lap Swim 6:30 - 8:30 p.m. 2 Lanes
Lap & Leisure Swim 8:30 - 10 p.m. 2 Lanes	Lap Swim 6:30 - 8:30 p.m. 1 Lane		Lap Swim 6:30 - 8:30 p.m. 1 Lane	Lap & Leisure Swim 9 - 10 p.m. 2 Lanes	Lap Swim 6:30 - 8:30 p.m. 1 Lane	Lap & Leisure Swim 8:30 - 10 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. *Pre-registration is required for this program. ** Adult participation required.

Special Information

<p>Lap Swim Lanes are available for length swimming (8 yrs+)</p> <p>Leisure Swim Space available for water walking and leisure swimming</p>	<p>Sensory Swim Standard swim with no music for a quieter experience</p> <p>8 - 9 a.m.</p> <p>Offered on Statutory Holidays</p>	<p>Facility Hours 6 a.m. - 10 p.m.</p>	<p>Statutory Holidays Feb. 16</p> <p>Holiday Hours 8 a.m. - 8 p.m.</p> <p>Special Olympics Mar. 15 CLOSED 10 a.m. - 6 p.m.</p>	<p>Scan for the most up-to-date schedule</p>  <p>Updated 01/06/2026</p>
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Poirier Sport & Leisure Complex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 8:30 p.m. Family Swim 7 - 9 p.m. Leisure Swim 8:30 - 10 p.m.	Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 12 p.m. Leisure & Lap Swim 12 - 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 - 10 p.m.	Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 12 p.m. Leisure & Lap Swim 12 - 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 - 10 p.m.	Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 12 p.m. Leisure & Lap Swim 12 - 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 - 10 p.m.	Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 12 p.m. Leisure & Lap Swim 12 - 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 - 10 p.m.	Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 12 p.m. Leisure & Lap Swim 12 - 3:30 p.m. 1 Lane Leisure Swim & Lessons 3:30 - 10 p.m.	Leisure & Lap Swim 6 - 10 a.m. 1 Lane Leisure Swim & Lessons 10 a.m. - 8:30 p.m. Leisure Swim 8:30 - 10 p.m.

Aquafit Classes

	Shallow Water Aquafit 9:30 - 10:30 a.m. Lap Pool Gentle Aquafit 11 a.m. - 12 p.m. Leisure Pool	Low Impact Aquafit 8:30 - 9:30 a.m. Leisure Pool Shallow Water Aquafit 11 a.m. - 12 p.m. Lap Pool	Shallow Water Aquafit & Deep Water Aquafit 9:30 - 10:30 a.m. Lap Pool Gentle Aquafit 11 a.m. - 12 p.m. Leisure 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 Deep Water Aquafit 8 - 9 p.m. Lap Pool	Shallow Water Aquafit 9:30 - 10:30 a.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 01/06/2026
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