



Pool Schedule


In Effect June 29 to Sept 6

Poirier Sport & Leisure Complex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 6 - 10 a.m. 4 Lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 7:30 a.m. 2 Lanes Lap Swim 7:30 - 11 a.m. 4 Lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 7:30 a.m. 2 Lanes Lap Swim 7:30 - 11 a.m. 4 Lanes	Lap Swim 6 - 9:30 a.m. 4 Lanes	Lap Swim 6 - 10 a.m. 4 Lanes
Lap & Leisure 10 a.m. - 4:30 p.m. 2 Lanes	Lap Swim 9:30 - 5 p.m. 2 Lanes	Lap Swim 12 - 8:30 p.m. 2 Lanes	Lap Swim 10:30 a.m. - 4:30 p.m. 2 Lanes	Lap Swim 12 - 8 p.m. 2 Lanes	Lap Swim 10:30 a.m. - 4:30 p.m. 2 Lanes	Lap Swim 10 a.m. - 4:30 p.m. 2 Lanes
Pool Rental No Lanes 4:30 - 6:30 p.m.	Pool Rental No Lanes 5 - 6:30 p.m.		Pool Rental No Lanes 4:30 - 6:30 p.m.	Aquafit No Lanes 8 - 9 p.m.	Pool Rental No Lanes 4:30 - 6:30 p.m.	Pool Rental No Lanes 4:30 - 6:30 p.m.
Lap & Leisure 6:30 - 10 p.m. 2 Lanes	Lap & Leisure 6:30 - 10 p.m. 2 Lanes	Lap & Leisure 8:30 - 10 p.m. 3 Lanes	Lap & Leisure 6:30 - 10 p.m. 2 Lanes	Lap & Leisure 9 - 10 p.m. 3 Lanes	Lap & Leisure 6:30 - 10 p.m. 2 Lanes	Lap & Leisure 6:30 - 10 p.m. 2 Lanes

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

Special Information

Lap Swim Lanes are available for length swimming (8 yrs+)	Sensory Swim Standard swim with no music for a quieter experience 8 - 9 a.m. Offered on Statutory Holidays	Facility Hours 6 a.m. - 10 p.m.	Statutory Holidays August 3 Holiday Hours 8 a.m. - 8 p.m.	Scan for the most up-to-date schedule  Updated 06/25/2026
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Pool Schedule

In Effect June 29 to Sept 6

Poirier Sport & Leisure Complex


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

Aquafit Classes

	Shallow Water Aquafit 9:30 - 10:30 a.m. Lap Pool	Low Impact Aquafit 8:30 - 9:30 a.m. Leisure Pool	Shallow & Deep Water Aquafit 9:30 - 10:30 a.m. Lap 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 & Deep Water Aquafit 9:30 - 10:30 a.m. Lap Pool	
	Gentle Aquafit 11 a.m. - 12 p.m. Leisure Pool	Shallow Water Aquafit 11 a.m. - 12 p.m. Lap Pool	Gentle Aquafit 11 a.m. - 12 p.m. Leisure 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 Tuesday & Thursday 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 06/25/2026
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