

## Poirier Sport & Leisure Complex

# Pool Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MAIN POOL - 25m</b>						
<b>Length Swim</b> 6 – 6:30 a.m. (4 Lanes)	<b>Length Swim</b> 6 – 9 a.m. (4 Lanes)	<b>Length Swim</b> 6 – 11:15 a.m. (4 Lanes)	<b>Length Swim</b> 6 – 9:30 a.m. (4 Lanes)	<b>Length Swim</b> 6 – 7:15 a.m. (4 Lane)	<b>Length Swim</b> 6 – 9:30 a.m. (4 Lanes)	<b>Length Swim</b> 6 – 6:30 a.m. (4 Lanes)
<b>Length Swim</b> 6:30 – 9:30 a.m. (2 Lanes)	<b>Closed - No Lanes</b> 9 – 10 a.m. Shallow Aqua Fit	<b>Closed - No Lanes</b> 11:15 a.m. – 12:15 p.m. Shallow Aqua Fit	<b>Closed - No Lanes</b> 9:30 – 10:30 a.m. Shallow Aqua Fit & Deep Aqua Fit	<b>Length Swim</b> 7:15 – 11:15 a.m. (4 Lanes)	<b>Closed - No Lanes</b> 9:30 – 10:30 a.m. Shallow Aqua Fit & Deep Aqua Fit	<b>Length Swim</b> 6:30 – 10 a.m. (2 Lanes)
<b>Length Swim</b> 9:30 a.m. – 3:30 p.m. (2 Lanes)	<b>Length Swim</b> 10 a.m. – 3:30 p.m. (2 Lanes)	<b>Length Swim</b> 12:15 – 4 p.m. (2 Lanes)	<b>Length Swim</b> 10:30 a.m. – 5 p.m. (2 Lanes)	<b>Closed - No Lanes</b> 11:15 a.m. – 12:15 p.m. Shallow Aqua Fit	<b>Length Swim</b> 10:30 a.m. – 5 p.m. (2 Lanes)	<b>Length Swim</b> 10 a.m. – 3:30 p.m. (1 Lane)
<b>Length &amp; Leisure</b> 3:30 – 4:30 p.m. (1 Lane) High Diving Board Open	<b>Length Swim</b> 3:30 – 5 p.m. (2 Lanes)	<b>Length Swim</b> 4 – 8 p.m. (1 Lane)	<b>Length Swim</b> 5 – 6:30 p.m. (1 Lane)	<b>Length Swim</b> 12:15 – 4 p.m. (2 Lanes)	<b>Length Swim</b> 5 – 6:30 p.m. (1 Lane)	<b>Length Swim</b> 3:30 – 4:30 p.m. (2 Lanes) High Diving board Open
<b>Length Swim</b> 4:30 – 6:30 p.m. (2 Lanes)	<b>Length Swim</b> 5 – 6:30 p.m. (2 Lanes)	<b>Closed - No Lanes</b> 8:30 – 9:30 p.m. Deep Fit	<b>Length Swim</b> 6:30 – 8:45 p.m. (2 Lanes)	<b>Length Swim</b> 4 – 8:30 p.m. (1 Lane)	<b>Length Swim</b> 6:30 – 8:45 p.m. (2 Lanes)	<b>Length Swim</b> 4:30 – 6:30 p.m. (2 Lanes)
<b>Length Swim</b> 6:30 – 10 p.m. (2 Lanes)	<b>Length Swim</b> 6:30 – 10 p.m. (2 Lanes)	<b>Lengths &amp; Leisure</b> 9:30 – 10 p.m. (2 Lanes) High Diving Board Open	<b>Length Swim</b> 8:45 – 10 p.m. (2 Lanes)	<b>Length Swim</b> 8:30 – 10 p.m. (2 Lanes)	<b>Length Swim</b> 8:45 – 10 p.m. (2 Lanes)	<b>Length Swim</b> 6:30 – 10 p.m. (2 Lanes)

Schedule subject to change without notice.

\*Pre-registration is required for this program.

\*\* Adult participation required.

## SPECIAL SWIMS

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

**Toonie Swim**  
9 – 10 p.m.  
Everyday

**Sensory-friendly Swim**  
July 1, Aug. 1, Sept. 5  
8 – 9 a.m.

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

**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.

FOR THE MOST UP-TO-DATE SCHEDULE



Last updated May 12, 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LEISURE POOL</b>						
<b>Lengths &amp; Leisure Swim</b> 6 – 7:30 a.m. (1 Lane)	<b>Lengths &amp; Leisure Swim</b> 6 – 10:30 a.m. (1 Lane)	<b>Lengths &amp; Leisure Swim</b> 6 – 9:30 a.m. (1 Lane)	<b>Lengths &amp; Leisure Swim</b> 6 – 11 a.m. (1 Lane)	<b>Lengths &amp; Leisure Swim</b> 6 – 9:30 a.m. (1 Lane)	<b>Lengths &amp; Leisure Swim</b> 6 – 11 a.m. (1 Lane)	<b>Lengths &amp; Leisure Swim</b> 6 – 7:30 a.m. (1 Lane)
<b>Leisure Swim &amp; Swimming Lessons</b> 7:30 a.m. – 7:30 p.m.	<b>Leisure Swim &amp; Gentle Aqua Fit</b> 10:30 – 11:30 a.m.	<b>Leisure Swim &amp; Adaptive Fit</b> 9:30 – 10:30 a.m.	<b>Leisure Swim &amp; Gentle Aqua Fit</b> 11 a.m. – 12 p.m.	<b>Leisure Swim &amp; Adaptive Aqua Fit</b> 9:30 – 10:30 a.m.	<b>Leisure Swim &amp; Gentle Aqua Fit</b> 11 a.m. – 12 p.m.	<b>Leisure Swim &amp; Swimming Lessons</b> 7:30 a.m. – 7:30 p.m.
<b>Leisure &amp; Family Swim</b> 7:30 – 10 p.m.	<b>Lengths &amp; Leisure Swim</b> 11:30 a.m. – 3:30 p.m. (1 Lane)	<b>Lengths &amp; Leisure Swim</b> 10:30 a.m. – 3:30 p.m. (1 Lane)	<b>Leisure &amp; Lengths Swim</b> 12 – 3:30 p.m. (1 Lane)	<b>Lengths &amp; Leisure Swim</b> 10:30 a.m. – 3:30 p.m. (1 Lane)	<b>Leisure &amp; Lengths Swim</b> 12 – 3:30 p.m. (1 Lane)	<b>Leisure &amp; Family Swim</b> 7:30 – 10 p.m.
	<b>Leisure Swim &amp; Swimming Lessons</b> 3:30 – 10 p.m.	<b>Leisure &amp; Swimming Lessons</b> 3:30 – 8:30 p.m.	<b>Leisure Swim &amp; Swimming Lessons</b> 3:30 – 10 p.m.	<b>Leisure Swim &amp; Swimming Lessons</b> 3:30 – 10 p.m.	<b>Leisure Swim &amp; Swimming Lessons</b> 3:30 – 10 p.m.	
<b>AQUA FIT</b>						
	<b>Shallow Aqua Fit</b> 9 – 10 a.m. Lap Pool	<b>Adaptive Aqua Fit</b> 9:30 – 10:30 a.m. Leisure Pool	<b>Shallow Aqua Fit &amp; Deep Aqua Fit</b> 9:30 – 10:30 a.m. Lap Pool	<b>Adaptive Aqua Fit</b> 9:30am-10:30am Leisure Pool	<b>Shallow Aqua Fit &amp; Deep Aqua Fit</b> 9:30am-10:30am Lap Pool	
	<b>Gentle Aqua Fit</b> 10:30 – 11:30 a.m. Leisure Pool	<b>Shallow Aqua Fit</b> 11:15 a.m. – 12:15 p.m. Lap Pool	<b>Gentle Aqua Fit</b> 11 a.m. – 12 p.m. Leisure Pool	<b>Shallow Aqua Fit</b> 11:15 a.m. – 12:15 p.m. Lap Pool	<b>Gentle Aqua Fit</b> 11 a.m. – 12 p.m. Leisure Pool	
		<b>Deep Aqua Fit</b> 8:30 – 9:30 p.m. Lap Pool				
<i>Schedule subject to change without notice.      *Pre-registration is required for this program.      ** Adult participation required.</i>						