

## Poirier Sport & Leisure Complex

# POOL SCHEDULE

### HOURS

Pool/Fitness Centre: *Daily* 6 a.m. – 10 p.m.

**For patrons safety:** All children under the age of 7 must be within arms reach of a responsible adult no less than 16 years of age. For swim lesson details, go to [coquitlam.ca/aquatics](http://coquitlam.ca/aquatics) and look for "Swim lessons" PDF link.

#### Holiday Hours:

8 a.m. – 8 p.m.: Monday, Mon. Feb. 11 (*Family Day*), Friday, April 19 (*Good Friday*), Monday, April 22 (*Easter Monday*)

### ADMISSION RATES: DROP-IN & ONE PASS

	SINGLE	10 ADM	50 ADM	1 MTH	4 MTHS	1 YEAR
Child (0 – 12 yrs)	\$3.10	\$24.80	\$116.00	\$28.67	\$94.24	\$225.29
Youth Student* (13 – 18 yrs) / (19 – 25 yrs)	\$4.66	\$37.30	\$175.00	\$43.05	\$141.14	\$337.90
Adult (19 – 64 yrs)	\$6.19	\$49.50	\$232.00	\$57.38	\$188.24	\$450.57
Senior (65 – 84 yrs)	\$4.66	\$37.30	\$175.00	\$43.05	\$141.14	\$337.90
Super Senior (85 yrs +)	\$3.10	\$24.80	\$116.00	\$28.67	\$94.24	\$225.29
Parent & Tot (per person)	\$3.10	N/A	N/A	N/A	N/A	N/A

\*19 – 25 yrs fulltime student with valid student ID. Applicable tax not included. Rates valid April 1, 2019 to March 31, 2020.

### GET FIT IN AQUAFIT!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AquaFit 6:30 a.m.	Adaptive Aqua Motion 9:30 a.m.	AquaFit 6:30 a.m.	Adaptive Aqua Motion 9:30 a.m.	AquaFit 6:30 a.m.	
	AquaFit Plus 9:30 a.m.	AquaFit 12 p.m.	AquaFit Plus 9:30 a.m.	AquaFit 12 p.m.	AquaFit Plus 9:30 a.m.	
	Deep Water AquaFit 9:30 a.m.	AquaFit Plus 8:30 p.m.	Deep Water AquaFit 9:30 a.m.	AquaFit Plus 8:30 p.m.	Deep Water AquaFit 9:30 a.m.	
	Gentle Fit 10:35 a.m.	Deep Water AquaFit 8:30 p.m.	Gentle Fit 10:35 a.m.	Deep Water AquaFit 8:30 p.m.	Gentle Fit 10:35 a.m.	

Schedule subject to change without notice.

#### ADAPTIVE AQUA MOTION

An exercise program designed for individuals looking to increase their functional abilities. Participants are encouraged to bring an attendant.

#### AQUAFIT

A low impact, shallow water based aquatic workout enhancing muscle tone, balance and strength with an emphasis on cardio.

#### AQUAFIT PLUS

A moderate to intense workout for those who want to challenge themselves.

#### DEEP WATER AQUAFIT

A vigorous cardio based workout with the use of a buoyancy belt, maximizing full resistance of the water in a variety of movement patterns. Participants must be comfortable in deep water.

#### GENTLE FIT

A lighter version of Aquafit for individuals looking to increase mobility, muscular and/or cardiovascular strength.

# LOW COST OPPORTUNITIES

## FAMILY SWIM

Sun & Mon 7 – 9 p.m.  
 Adult \$3.00 | Child \$3.00  
 Applicable tax not included

## TOONIE SWIM

Daily 9 – 10 p.m.

## BEFORE/AFTER SWIM

Looking for time to practice your swimming skills? If you are currently enrolled in swimming lessons, you can swim 30 minutes before or after your lesson for half price admission.

## LITTLE DIPPERS

A great time for parents and tots. Lots of age appropriate toys available. Admission rates apply only to adults attending with children.

Tue/Thu 10:15 – 11:15 a.m.

Adult \$1.00 | Child \$1.00

## PARENTS FITNESS BREAK

Never enough time for a fitness break in your busy day? Fit in a quick workout during your child's swimming lesson or relax in the hot tub, sauna, or steam room. Just half price of regular admission.

# LEISURE POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lengths & Leisure 6 – 9:30 a.m.	Lengths & Leisure 6 – 6:30 a.m.	Leisure Swim 6 – 9:30 a.m.	Lengths & Leisure 6 – 6:30 a.m.	Leisure Swim 6 – 9:30 a.m.	Lengths & Leisure 6 – 6:30 a.m.	Lengths & Leisure 6 – 9 a.m.
Leisure Swim *9:30 a.m. – 2 p.m.	AquaFit Leisure area open 6:30 – 7:30 a.m.	Adaptive Aqua Motion Leisure area open 9:30 – 10:30 a.m.	AquaFit Leisure area open 6:30 – 7:30 a.m.	Adaptive Aqua Motion Leisure area open 9:30 – 10:30 a.m.	AquaFit Leisure area open 6:30 – 7:30 a.m.	Leisure Swim *9 a.m. – 2 p.m.
Lengths & Leisure 2 – 7 p.m.	Lengths & Leisure 7:30 – 10:35 a.m.	Little Dippers 10:15 – 11:15 a.m.	Lengths & Leisure 7:30 – 10:35 a.m.	Little Dippers 10:15 – 11:15 a.m.	Lengths & Leisure 7:30 – 10:35 a.m.	Lengths & Leisure *2 – 10 p.m.
Family Swim 7 – 9 p.m.	Gentle AquaFit Leisure area open 10:35 – 11:30 a.m.	Lengths & Leisure 10:30 a.m. – 3 p.m.	Gentle AquaFit Leisure area open 10:35 – 11:30 a.m.	Lengths & Leisure 10:30 a.m. – 3 p.m.	Gentle AquaFit Leisure area open 10:35 – 11:30 a.m.	
Lengths & Leisure 9 – 10 p.m.	Lengths & Leisure 11:30 a.m. – 3 p.m.	Leisure Swim *3 – 8:30 p.m.	Lengths & Leisure 11:30 a.m. – 3 p.m.	Leisure Swim *3 – 8:30 p.m.	Lengths & Leisure 11:30 a.m. – 12:45 p.m.	
	Leisure Swim *3 – 7 p.m.	Lengths & Leisure 8:30 – 10 p.m.	Leisure Swim *3 – 8:30 p.m.	Lengths & Leisure 8:30 – 10 p.m.	Leisure Swim *12:45 – 8:30 p.m.	
	Family Swim 7 – 9 p.m.		Lengths & Leisure 8:30 – 10 p.m.		Lengths & Leisure 8:30 – 10 p.m.	
	Lengths & Leisure 9 – 10 p.m.					

\*Limited space due to lessons. Schedule subject to change without notice.

# MAIN POOL SCHEDULE Number of lanes = the minimum number that will be available \*Limited space due to lessons

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Length Swim 6 – 10 a.m. (2 lanes)	Length Swim 6 – 9:25 a.m. (4 lanes)	Length Swim 6 a.m. – 12 p.m. (2 lanes)	Length Swim 6 – 9:25 a.m. (4 lanes)	Length Swim 6 a.m. – 12 p.m. (2 lanes)	Length Swim 6 – 9:25 a.m. (4 lanes)	Length Swim 6 – 10 a.m. (2 lanes)
Lengths & Leisure *10 a.m. – 4:30 p.m. (2 lanes)	AquaFit Plus & Deep Water AquaFit 9:30 – 10:30 a.m.	AquaFit 12 – 1 p.m.	AquaFit Plus & Deep Water AquaFit 9:30 – 10:30 a.m.	AquaFit 12 – 1 p.m.	AquaFit Plus & Deep Water AquaFit 9:30 – 10:30 a.m.	Lengths & Leisure *10 a.m. – 4:30 p.m. (1 lane)
Pool Rental 4:30 – 6:30 p.m. (not available)	Lengths & Leisure 10:35 a.m. – 3:30 p.m. (3 lanes)	Lengths & Leisure 1 – 8:30 p.m. (1 lane)	Lengths & Leisure 10:35 a.m. – 3:30 p.m. (3 lanes)	Lengths & Leisure 1 – 8:30 p.m. (1 lane)	Lengths & Leisure 10:35 a.m. – 3:30 p.m. (2 lanes)	Pool Rental 4:30 – 6:30 p.m. (not available)
Lengths & Leisure 6:30 – 7 p.m. (2 lanes)	Lengths & Leisure *3:30 – 5 p.m. (1 lane)	AquaFit Plus & Deep Water AquaFit 8:30 – 9:30 p.m.	Lengths & Leisure *3:30 – 5 p.m. (1 lane)	AquaFit Plus & Deep Water AquaFit 8:30 – 9:30 p.m.	Lengths & Leisure *3:30 – 5 p.m. (1 lane)	Lengths & Leisure 6:30 – 10 p.m. (2 lanes)
Family Swim 7 – 9 p.m.	Pool Rental 5 – 6:30 p.m. (not available)	Lengths & Leisure 9:30 – 10 p.m. (1 lane)	Pool Rental 5 – 6:30 p.m. (not available)	Lengths & Leisure 9:30 – 10 p.m. (1 lane)	Pool Rental 5 – 6:30 p.m. (not available)	
Lengths & Leisure 9 – 10 p.m. (1 lane)	Lengths & Leisure *6:30 – 7 p.m. (2 lanes)		Lengths & Leisure *6:30 – 10 p.m. (1 lane)		Lengths & Leisure *6:30 – 10 p.m. (1 lane)	
	Family Swim 7 – 9 p.m.					
	Lengths & Leisure 9 – 10 p.m. (2 lanes)					

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