

SWIMMING LESSONS

POIRIER SPORT & LEISURE COMPLEX

Fall/Winter 2019

LEVEL	SEP. 7 TO NOV. 9 SA • 10 LESSONS	SEP. 8 TO NOV. 10 SU • 10 LESSONS	SEP. 9 TO OCT. 9 M/W • 10 LESSONS	SEP. 9 TO NOV. 4 M • 8 LESSONS	SEP. 10 TO OCT. 10 TU/TH • 10 LESSONS	SEP. 11 TO OCT. 11 W/F • 10 LESSONS	SEP. 13 TO NOV. 15 F • 10 LESSONS
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ADULT & CHILD

Parent & Tot 1 Starfish (4 – 12 mths)	9:30 a.m. (649878) 11:30 a.m. (649879) 3 p.m. (649880)	9:30 a.m. (649872) 12:30 p.m. (649873)	10 a.m. (649874)	4:30 p.m. (649875)	11 a.m. (649876)		
Parent & Tot 2 Duck (12 – 24 mths)	9:30 a.m. (649894) 12 p.m. (649895) 2 p.m. (649896)	10 a.m. (649886) 12 p.m. (649887)	10 a.m. (649888)	4 p.m. (649889)	10:30 a.m. (649891)		
Parent & Tot 3 Sea Turtle (24 – 36 mths)	10 a.m. (649910) 12:30 p.m. (649911) 2:30 p.m. (653602)	11:30 a.m. (649903) 2 p.m. (649904)		3:30 p.m. (649905) 6:30 p.m. (649906)	10:30 a.m. (649908)		10 a.m. (649912)

PRESCHOOL (3 – 5 YRS)

Preschool 1 Sea Otter (3 – 5 yrs)	9:00 a.m. (649965) 9:30 a.m. (649966) 10 a.m. (649967) 10:30 a.m. (649968) 10:30 a.m. (649969) 11 a.m. (649970) 11:30 a.m. (649971) 12 p.m. (649972) 12:30 p.m. (649973) 1 p.m. (649974) 1 p.m. (649975) 1:30 p.m. (649976) 1:30 p.m. (653678) 2 p.m. (653679) 2:30 p.m. (653680) 5 p.m. (649977) 5:30 p.m. (649978)	9:00 a.m. (649918) 9:00 a.m. (649919) 9:30 a.m. (649920) 10 a.m. (649921) 10:30 a.m. (649922) 10:30 a.m. (649923) 11 a.m. (649924) 11:30 a.m. (649925) 12 p.m. (649926) 12:30 p.m. (649927) 1 p.m. (649928) 1:30 p.m. (649929) 1:30 p.m. (649930) 3:30 p.m. (649931) 4 p.m. (653605) 4:30 p.m. (653606) 5 p.m. (653607) 5:30 p.m. (653608) 6 p.m. (653609) 7 p.m. (653610)	9:30 a.m. (649932) 10:30 a.m. (649933) 11 a.m. (653611)	3 p.m. (649934) 4 p.m. (649935) 4 p.m. (649936) 5 p.m. (649937) 5:30 p.m. (649938) 6 p.m. (649939) 6:30 p.m. (649940) 7 p.m. (653618)	9:30 a.m. (649941) 10 a.m. (649942) 11 a.m. (653619) 3:30 p.m. (649943) 3:30 p.m. (649944) 4 p.m. (649945) 4:30 p.m. (649946) 5 p.m. (649947) 5 p.m. (649948) 5:30 p.m. (649949) 6:30 p.m. (649950) 6:30 p.m. (649951) 7 p.m. (649952) 7:30 p.m. (653636)	3 p.m. (649953) 4 p.m. (649954) 4 p.m. (649955) 4:30 p.m. (649956) 5 p.m. (649957) 5 p.m. (649958) 5:30 p.m. (649959) 6 p.m. (649960) 6:30 p.m. (649961) 7 p.m. (649962) 7 p.m. (653676) 7:30 p.m. (653677)	9:30 a.m. (649963) 10:30 a.m. (649964)
Preschool 2 Salamander (3 – 5 yrs)	9:00 a.m. (650076) 9:30 a.m. (650077) 10 a.m. (650078) 11 a.m. (650079) 11:30 a.m. (650080) 12 p.m. (650081) 12:30 p.m. (650082) 4:30 p.m. (650085)	9:00 a.m. (650035) 9:30 a.m. (650036) 10 a.m. (650037) 11 a.m. (650038) 11:30 a.m. (650039) 12 p.m. (650040) 1 p.m. (650041) 1:30 p.m. (650042) 2 p.m. (650043) 4 p.m. (650044) 5 p.m. (650045) 6:30 p.m. (650046)	10 a.m. (650047) 11 a.m. (650048)	3 p.m. (650049) 4:30 p.m. (650050) 5:30 p.m. (650051) 7 p.m. (650052)	10:30 a.m. (650055) 3 p.m. (650057) 3:30 p.m. (650058) 4:30 p.m. (650059) 5:30 p.m. (650060) 6 p.m. (650061) 6:30 p.m. (650062) 7 p.m. (650063) 7:30 p.m. (650064)	3:30 p.m. (650065) 4 p.m. (650066) 4:30 p.m. (650067) 5:30 p.m. (650068) 6:30 p.m. (650069) 7:30 p.m. (650070)	10 a.m. (650074) 10:30 a.m. (650075)
Preschool 3 Sunfish (3 – 5 yrs)	9:00 a.m. (650143) 11 a.m. (650144) 1:30 p.m. (650145) 3:30 p.m. (650148) 6 p.m. (650149)	9:30 a.m. (650126) 10:30 a.m. (650127) 11:30 a.m. (650128) 1 p.m. (650129) 3:30 p.m. (650130) 5:30 p.m. (650131) 7:30 p.m. (653870)	9:30 a.m. (650132)	3:30 p.m. (650133) 4:30 p.m. (650134) 6 p.m. (650135)	10 a.m. (650136) 3 p.m. (650137) 4:30 p.m. (650138) 6 p.m. (650139) 7 p.m. (653871)	3:30 p.m. (650140) 4:30 p.m. (650141) 5:30 p.m. (653872) 6:30 p.m. (653873) 7 p.m. (653874)	9:30 a.m. (650142) 11 a.m. (653875)
Preschool 4 Crocodile (3 – 5 yrs)	10:30 a.m. (650180) 12:30 p.m. (650181) 4 p.m. (650182)	11 a.m. (650170) 2 p.m. (650171) 4:30 p.m. (650172)	10:30 a.m. (650174)	3:30 p.m. (650175) 5 p.m. (653881) 7:30 p.m. (653882)	9:30 a.m. (650176) 4 p.m. (650177)	3:30 p.m. (650178) 6 p.m. (653887)	11 a.m. (650179)
Preschool 5 Whale (3 – 5 yrs)	10:30 a.m. (650205) 4 p.m. (650207)	2 p.m. (650195) 6 p.m. (650197)		5 p.m. (650199) 7:30 p.m. (650200)	9:30 a.m. (650201) 6 p.m. (650202)	3 p.m. (650203) 6 p.m. (653927)	11 a.m. (650204)

POIRIER SPORT & LEISURE COMPLEX

LEVEL	OCT. 15 TO NOV. 14 TU/TH • 10 LESSONS	OCT. 16 TO NOV. 13 M/W • 8 LESSONS	OCT. 16 TO NOV. 15 W/F • 10 LESSONS	NOV. 16 TO DEC. 15 SU/SA • 10 LESSONS	NOV. 18 TO DEC. 18 M/W • 10 LESSONS	NOV. 19 TO DEC 19 TU/TH • 10 LESSONS	NOV. 20 TO DEC. 20 W/F • 10 LESSONS
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ADULT & CHILD

Parent & Tot 1 Starfish (4 – 12 mths)	10:30 a.m. (649877)			10 a.m. (649881) 12 p.m. (649882)			
Parent & Tot 2 Duck (12 – 24 mths)	10:30 a.m. (649892)			9:30 a.m. (649897) 11:30 a.m. (649898)	10 a.m. (649890)	11 a.m. (649893)	
Parent & Tot 3 Sea Turtle (24 – 36 mths)	11 a.m. (649909)	10 a.m. (649907)		12:30 p.m. (649913)		10:30 a.m. (653601)	

PRESCHOOL (3 – 5 YRS)

Preschool 1 Sea Otter (3 – 5 yrs)	9:30 a.m. (653620) 10 a.m. (653621) 10:30 a.m. (653622) 3 p.m. (649986) 3:30 p.m. (649987) 3:30 p.m. (649988) 4 p.m. (649989) 4:30 p.m. (649990) 5 p.m. (649991) 5 p.m. (649992) 5:30 p.m. (649993) 6 p.m. (649994) 6:30 p.m. (653669) 7 p.m. (653670) 7:30 p.m. (653671)	9:30 a.m. (653612) 10:30 a.m. (653613) 11 a.m. (653614)	3 p.m. (649995) 3:30 p.m. (649996) 4 p.m. (649997) 4 p.m. (649998) 4:30 p.m. (649999) 5 p.m. (650000) 5 p.m. (650001) 5:30 p.m. (650002) 6 p.m. (650003) 6:30 p.m. (650004) 7 p.m. (650005) 7 p.m. (650006) 7:30 p.m. (650007)	9:30 a.m. (650028) 10 a.m. (650029) 10:30 a.m. (650030) 11 a.m. (650031) 11 a.m. (650032) 12 p.m. (650033) 1 p.m. (650034)	9:30 a.m. (653615) 10:30 a.m. (653616) 11 a.m. (653617)	9:30 a.m. (653623) 10 a.m. (653624) 10 a.m. (653625) 3:30 p.m. (650009) 3:30 p.m. (650010) 4 p.m. (650011) 4:30 p.m. (650012) 5 p.m. (650013) 5 p.m. (650014) 5:30 p.m. (650015) 6:30 p.m. (650016) 6:30 p.m. (650017) 7 p.m. (653674) 7:30 p.m. (653675)	3 p.m. (650018) 3:30 p.m. (650019) 4 p.m. (650020) 4 p.m. (650021) 4:30 p.m. (650022) 5 p.m. (650023) 5 p.m. (650024) 5:30 p.m. (650025) 6 p.m. (650026) 6:30 p.m. (650027) 7 p.m. (653862) 7 p.m. (653863) 7:30 p.m. (653864)
Preschool 2 Salamander (3 – 5 yrs)	9:30 a.m. (650089) 3:30 p.m. (650091) 4:30 p.m. (650092) 5:30 p.m. (650093) 6:30 p.m. (650094) 7 p.m. (650095) 7:30 p.m. (653868)	9:30 a.m. (653865) 11 a.m. (653866)	3:30 p.m. (650096) 4 p.m. (650097) 4:30 p.m. (650098) 5:30 p.m. (650099) 6:30 p.m. (650100) 7:30 p.m. (650101)	10:30 a.m. (650123) 11:30 a.m. (650124) 12:30 p.m. (650125)	10 a.m. (653867)	11 a.m. (650106) 3 p.m. (650108) 4:30 p.m. (650109) 5:30 p.m. (650110) 6 p.m. (650111) 6:30 p.m. (650112) 7 p.m. (650113) 7:30 p.m. (653869)	3:30 p.m. (650114) 4:30 p.m. (650115) 5:30 p.m. (650116) 6:30 p.m. (650117) 7:30 p.m. (650118)
Preschool 3 Sunfish (3 – 5 yrs)	10 a.m. (650152) 3 p.m. (650153) 4 p.m. (650154) 6 p.m. (650155) 7 p.m. (653877)	10 a.m. (650150)	3 p.m. (650156) 4:30 a.m. (650157) 6 p.m. (650158) 7 p.m. (653878)	10:30 a.m. (650168) 12 p.m. (650169)	10:30 a.m. (650151)	9:30 a.m. (653876) 3 p.m. (650161) 4:30 p.m. (650162) 6 p.m. (650163) 7 p.m. (653879)	3:30 p.m. (650164) 4 p.m. (650165) 5:30 p.m. (650166) 6 p.m. (650167) 7 p.m. (653880)
Preschool 4 Crocodile (3 – 5 yrs)	4:30 p.m. (650184) 8 p.m. (650185)	10:30 a.m. (650183)	3:30 p.m. (650186) 6 p.m. (650187)	9:30 a.m. (650194) 1 p.m. (653921)	9:30 a.m. (650188)	10:30 a.m. (650189) 4 p.m. (650190) 6 p.m. (650191)	3 p.m. (650192) 6 p.m. (650193)
Preschool 5 Whale (3 – 5 yrs)	11 a.m. (653931) 6 p.m. (650209)		5:30 p.m. (650210)	1 p.m. (650215)	11 a.m. (653922)	10:30 a.m. (650211) 6 p.m. (650212)	6:30 p.m. (650213)

POIRIER SPORT & LEISURE COMPLEX

LEVEL	SEP. 7 TO NOV. 9 SA • 10 LESSONS	SEP. 8 TO NOV. 10 SU • 10 LESSONS	SEP. 9 TO NOV. 4 M • 8 LESSONS	SEP. 10 TO OCT. 10 TU/TH • 10 LESSONS	SEP. 11 TO OCT. 11 W/F • 10 LESSONS
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CHILD (6 – 12 YRS)

<u>Swim Kids 1</u> (6 – 12 yrs)	9:30 a.m. (649614) 10:30 a.m. (649615) 12 p.m. (649616) 4 p.m. (649617) 6 p.m. (649618)	9:30 a.m. (649596) 11 a.m. (649597) 12 p.m. (649598) 1 p.m. (649599) 3:30 p.m. (649601) 6 p.m. (649602)	3:30 p.m. (649603) 6 p.m. (649604) 7:30 p.m. (653938)	3:30 p.m. (649605) 5 p.m. (649606) 6:30 p.m. (649607) 7:30 p.m. (649608)	3:30 p.m. (649610) 5 p.m. (649611) 7 p.m. (649612) 7:30 p.m. (649613)
<u>Swim Kids 2</u> (6 – 12 yrs)	9:30 a.m. (649667) 11 a.m. (649668) 1 p.m. (649669) 4:30 p.m. (649670)	10 a.m. (649653) 11 a.m. (649654) 12:30 p.m. (649655) 1:30 p.m. (649656) 4 p.m. (649657) 5:30 p.m. (649658)	4 p.m. (649659) 5:30 p.m. (649660)	4 p.m. (649661) 5 p.m. (649662) 6 p.m. (649663) 8 p.m. (654027)	4 p.m. (649664) 5:30 p.m. (649665) 6:30 p.m. (649666)
<u>Swim Kids 3</u> (6 – 12 yrs)	10 a.m. (649708) 11:30 a.m. (649709) 12:30 p.m. (649710) 5 p.m. (649711)	10 a.m. (649691) 11:30 a.m. (649692) 12:30 p.m. (649693) 2 p.m. (649694) 4:30 p.m. (649695)	4:30 p.m. (649697) 7 p.m. (649698)	4 p.m. (649699) 5:30 p.m. (649700) 7 p.m. (649701)	4:30 p.m. (649704) 5:30 p.m. (649705) 6 p.m. (649706) 7:30 p.m. (649707)
<u>Swim Kids 4</u> (6 – 12 yrs)	10 a.m. (649747) 11:30 a.m. (649748) 1 p.m. (649749) 5:30 p.m. (649750)	10:30 a.m. (649734) 12 p.m. (649735) 5 p.m. (649737)	5 p.m. (649738)	4:30 p.m. (649740) 7:30 p.m. (649741)	5 p.m. (649744) 6 p.m. (649745)
<u>Swim Kids 5</u> (6 – 12 yrs)	12 p.m. (649781) 2:15 p.m. (649782)	11 a.m. (649771) 12:30 p.m. (649772)	3:30 p.m. (649774) 6:30 p.m. (649775)	3:30 p.m. (649776) 5 p.m. (649777) 6:30 p.m. (649778)	3:30 p.m. (649779) 6:30 p.m. (649780)
<u>Swim Kids 6</u> (6 – 12 yrs)	1:30 p.m. (649804)	11 a.m. (649796) 6:30 p.m. (649798)	3:30 p.m. (649799) 6:30 p.m. (654033)	3:30 p.m. (649800) 5 p.m. (649801) 6:30 p.m. (654034)	3:30 p.m. (649802) 6:30 p.m. (649803)
<u>Swim Kids 7</u> (6 – 12 yrs)	12:45 p.m. (649825)	9:30 a.m. (649818) 11:45 a.m. (654035) 7:15 p.m. (649819)	4:15 p.m. (649820)	4:15 p.m. (649821) 5:45 p.m. (649822)	4:15 p.m. (649823) 7:15 p.m. (649824)
<u>Swim Kids 8</u> (6 – 12 yrs)	12:45 p.m. (649845)	9:30 a.m. (649838) 11:45 a.m. (649839) 7:15 p.m. (649840)	4:15 p.m. (649841)	4:15 p.m. (649842) 5:45 p.m. (649843)	4:15 p.m. (649844) 7:15 p.m. (654077)
<u>Swim Kids 9</u> (6 – 12 yrs)	1:30 p.m. (649863)	10:15 a.m. (649858) 1:15 p.m. (649859)	7:15 p.m. (649860)	3:30 p.m. (649861) 5:45 p.m. (654078)	7:15 p.m. (649862)
<u>Swim Kids 10</u> (6 – 12 yrs)	1:30 p.m. (649644)	10:15 a.m. (649639) 1:15 p.m. (649640)	7:15 p.m. (649641)	3:30 p.m. (649642) 5:45 p.m. (654242)	7:15 p.m. (649643)

YOUTH (12 – 16 YRS)

<u>Youth: Beginner</u>	2:15 p.m. (651709)	12:30 p.m. (650497)			
<u>Youth: Intermediate</u>		1:15 p.m. (650498)		7:15 p.m. (651712)	8 p.m. (651715)

ADULT (16 YRS & UP)

<u>Adult: Beginner</u>	6:30 p.m. (650222)	6:30 p.m. (652312)		7:15 p.m. (650219)	8 p.m. (650221)
<u>Adult: Intermediate</u>	7:15 p.m. (650225)	7:15 p.m. (652316)			

POIRIER SPORT & LEISURE COMPLEX

LEVEL	OCT.15 TO NOV. 14 TU/TH • 10 LESSONS	OCT. 16 TO NOV. 15 W/F • 10 LESSONS	NOV. 16 TO DEC. 15 SU/SA • 10 LESSONS	NOV. 18 TO DEC. 16 M • 5 LESSONS	NOV. 19 TO DEC. 19 TU/TH • 10 LESSONS	NOV. 20 TO DEC. 20 W/F • 10 LESSONS
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CHILD (6 – 12 YRS)

<u>Swim Kids 1</u> (6 – 12 yrs)	3:30 p.m. (649620) 5:30 p.m. (649621) 6:30 p.m. (649622) 7:30 p.m. (649623)	4 p.m. (649625) 5 p.m. (649626) 6 p.m. (649627) 7 p.m. (649628) 7:30 p.m. (649629)	9:30 a.m. (649637) 11:30 a.m. (649638) 12:30 p.m. (653967)		3:30 p.m. (649631) 5 p.m. (649632) 6:30 p.m. (649633) 7:30 p.m. (653964)	4 p.m. (649634) 5 p.m. (649635) 7 p.m. (649636)
<u>Swim Kids 2</u> (6 – 12 yrs)	4 p.m. (649672) 5 p.m. (649673) 6 p.m. (649674) 7:30 p.m. (649675)	3:30 p.m. (649677) 5:30 p.m. (649678) 6 p.m. (649679) 6:30 p.m. (649680)	10 a.m. (649689) 11 a.m. (649690) 12 p.m. (654029)		4 p.m. (649682) 5:30 p.m. (649683) 6 p.m. (649684)	5 p.m. (649686) 5:30 p.m. (649687) 6:30 p.m. (649688)
<u>Swim Kids 3</u> (6 – 12 yrs)	4 p.m. (649713) 5 p.m. (649714) 7 p.m. (649715)	4:30 p.m. (649718) 5:30 p.m. (649719) 7:30 p.m. (649720)	10:30 a.m. (649732) 12:30 p.m. (649733)		4 p.m. (649723) 5:30 p.m. (649724) 7 p.m. (649725)	4:30 p.m. (649728) 5:30 p.m. (649729) 6 p.m. (649730) 7:30 p.m. (649731)
<u>Swim Kids 4</u> (6 – 12 yrs)	4:30 p.m. (649752) 8 p.m. (649753)	5 p.m. (649756) 6:30 p.m. (649757)	11 a.m. (649769) 1 p.m. (649770)		4:30 p.m. (649761) 7:30 p.m. (649762)	3:30 p.m. (649765) 4:30 p.m. (649766) 6 p.m. (649767)
<u>Swim Kids 5</u> (6 – 12 yrs)	5 p.m. (649785) 6:30 p.m. (649786)	4:15 p.m. (649788) 8 p.m. (649789)	10 a.m. (649795)		5 p.m. (649791) 6:30 p.m. (649792)	3:30 p.m. (649793) 6:30 p.m. (649794)
<u>Swim Kids 6</u> (6 – 12 yrs)	5 p.m. (649808) 6:30 p.m. (649809)	4:15 p.m. (649810) 6:30 p.m. (649811)	10:45 a.m. (649817)		5 p.m. (649813) 6:30 p.m. (649814)	3:30 p.m. (649815) 6:30 p.m. (649816)
<u>Swim Kids 7</u> (6 – 12 yrs)	3:30 p.m. (649828) 7:15 p.m. (649829)	3:30 p.m. (649830) 7:15 p.m. (649831)	11:30 a.m. (649837)		4:15 p.m. (649833) 5:45 p.m. (649834)	7:15 p.m. (649835)
<u>Swim Kids 8</u> (6 – 12 yrs)	4:15 p.m. (649848) 7:15 p.m. (649849)	3:30 p.m. (649850) 7:15 p.m. (649851)	12:15 p.m. (649857)		4:15 p.m. (649853) 5:45 p.m. (649854)	4:15 p.m. (649855) 8 p.m. (649856)
<u>Swim Kids 9</u> (6 – 12 yrs)	3:30 p.m. (649866) 5:45 p.m. (654202)	7:15 p.m. (649867)	1 p.m. (649871)		3:30 p.m. (649869)	8 p.m. (649870)
<u>Swim Kids 10</u> (6 – 12 yrs)	3:30 p.m. (649647) 5:45 p.m. (654243)	7:15 p.m. (649648)	1 p.m. (649652)		3:30 p.m. (649650)	8 p.m. (649651)

YOUTH (12 – 16 YRS)

<u>Youth: Beginner</u>				4 p.m. (651707) 6:30 p.m. (651708)		
<u>Youth: Intermediate</u>	4:15 p.m. (651713)	6:30 p.m. (651716)		4 p.m. (651711)	3:30 p.m. (651714)	4:15 p.m. (651717)
<u>Youth: Advanced</u>	5:45 p.m. (650496)				5:45 p.m. (651718)	

ADULT (16 YRS & UP)

<u>Adult: Beginner</u>	7:15 p.m. (650220)			4:45 p.m. (650218) 7:15 p.m. (652313)	7:15 p.m. (652314)	7:15 p.m. (652315)
<u>Adult: Intermediate</u>				6:30 p.m. (652317)		7:15 p.m. (650224)
<u>Adult: Advanced</u>		8 p.m. (650216)				