Poirier Sport & Leisure Complex

Pool Drop In Schedule

Fall 2026

In Effect Sept.8 - Dec.19

Main Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 6 - 6:30 a.m. 6 Lanes **Lap & Leisure** 6:30 a.m. - 4:30 p.m. 2 Lanes **Pool Rental** 4:30 - 6:30 p.m. **No Lanes** **Lap & Leisure** 6:30 - 8:30 p.m. 2 Lanes **Lap Swim** 8:30 - 10 p.m. 4 Lanes	**Lap Swim** 6 - 9:30 a.m. 4 Lanes **Aquafit** 9:30 - 10:30 a.m. **No Lanes** **Lap Swim** 10:30 - 5 p.m. 2 Lanes **Pool Rental** 5 - 6:30 p.m. **No Lanes** **Lap & Leisure** 6:30 - 10 p.m. 2 Lanes	**Lap Swim** 6 - 8 a.m. 2 Lanes **Lap Swim** 8 - 11 a.m. 4 lanes **Aquafit** 11 - 12 p.m. **No Lanes** **Lap Swim** 12 - 3:30 p.m. 2 Lanes **Lap Swim** 3:30 - 8 p.m. 2 lanes **Aquafit** 8 - 9 p.m. **No Lanes** **Lap & Leisure** 9 - 10 p.m. 2 Lanes	**Lap Swim** 6 - 9:30 a.m. 4 Lanes **Aquafit** 9:30 - 10:30 a.m. **No Lanes** **Lap Swim** 10:30 a.m. - 3:30 p.m. 2 Lanes **Lap Swim** 3:30 - 5 p.m. 3 Lanes **Pool Rental** 5:00 - 6:30 p.m. **No Lanes** **Lap & Leisure** 6:30 - 8:30 p.m. 2 Lanes **Lap & Leisure** 8:30 - 10 p.m. 4 Lanes	**Lap Swim** 6 - 8 a.m. 2 Lanes **Lap Swim** 8 - 11 a.m. 4 Lanes **Aquafit** 11 - 12 p.m. **No Lanes** **Lap Swim** 12 - 3:30 p.m. 2 Lanes **Lap Swim** 3:30 - 8 p.m. 2 Lanes **Aquafit** 8 - 9 p.m. **No Lanes** **Lap & Leisure** 9 - 10 p.m. 2 Lanes	**Lap Swim** 6 - 9:30 a.m. 4 Lanes **Aquafit** 9:30 - 10:30 a.m. **No Lanes** **Lap Swim** 10:30 a.m. - 3:30 p.m. 2 Lanes **Lap Swim** 3:30 - 5 p.m. 3 Lanes **Pool Rental** 5 - 6:30 p.m. **No Lanes** **Lap & Leisure** 6:30 - 10 p.m. 2 Lanes	**Lap Swim** 6 - 7 a.m. 6 Lanes **Lap & Leisure** 7 a.m. - 4:30 p.m. 2 Lanes **Pool Rental** 4:30 - 6:30 p.m. **No 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
Lengths are available for length swimming (8 yrs+)

Leisure Swim
Space available for water walking and leisure swimming

Sensory swim
Standard swim with no music or water features for a quieter experience
8 - 9 a.m.
Offered on Statutory Holidays

Facility Hours
6 a.m. - 10 p.m.

Statutory Holidays
Sept.7, Sept.30, Oct.12 & Nov.11

Holiday Hours
8 a.m. - 8 p.m.

Scan for the most up-to-date schedule

Updated

Poirier Sport & Leisure Complex

Pool Drop In Schedule

Fall 2026

In Effect Sept.8 - Dec.19

Leisure Pool

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

Aquafit

	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 **Aqua Zumba** 11 a.m. - 12 p.m. Lap Pool **Deep Water Aquafit** 8 - 9 p.m.	**Shallow & 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 **Shallow & Deep Water Aquafit** 8 - 9 p.m.	**Shallow 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
Sunday 7 - 9 p.m.
Family Rate $3.55 (tax incl.)/person
Littler Dippers Adult & Tot Swim
Tues & Thurs
10:15 - 11:15 a.m.
$1/per person

Before or After Swim Lessons
Swim for half price 30 minutes before or after lessons to practice your skills

Shallow Water Aquafit
Moderate cardio to improve muscle tone and balance
Deep Water Aquafit
High intensity zero impact workout using floation belt

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

10/03/2026