

# Fall Swim Schedule

Schedule Effective Sept 24, 2018 to Jan 4, 2019 and are subject to change. Visit [www.clarington.net](http://www.clarington.net) for most up-to-date schedule.

❖ indicates times when slide is open for use. ◆ indicates times when tot pool is open for use

Please note that public safety is paramount. If Clarington does not have the required number of lifeguards available to work and supervise pools, the Municipality will be forced to cancel other scheduled swims.

Day	Courtice Community Complex 905-404-1525		Diane Hamre Recreation Complex 905-987-5667		Alan Strike Aquatic and Squash Centre 905-623-3392	
	Type	Time	Type	Time	Type	Time
Monday	Lane Public / Lane Public / Lane Adult / Lane Lane	6:00 to 7:30 am 7:30 to 8:50 am 10:30 to 11:30 am ◆ 11:30 am to 1:00 pm 8:30 to 9:30 pm	Adult / Lane Public / Lane Adult / Lane Adult / Lane	7:15 to 8:45 am 10:40 to 11:30 am ◆ (tot pool until 12 pm) 11:30 am to 1:00 pm 8:30 to 9:30 pm		
Tuesday	Adult / Lane Public / Lane Adult / Lane	6:00 to 8:50 am 10:40 to 11:30 am ◆ 11:30 am to 1:00 pm	Lane Adult / Lane Public / Lane  Adult / Lane Public / Lane Adult / Lane	6:30 to 7:30 am 7:30 to 8:45 am 10:30 to 11:30 am ◆ (tot pool until 12 pm) 11:30 am to 1:00 pm 1:00 to 2:00 pm ◆ 8:30 to 9:30 pm	Public / Lane Public / Lane Adult / Lane Adult / Lane	7:00 to 8:30 am 10:30 to 11:30 am 11:30 am to 1:00 pm 8:30 to 9:30 pm
Wednesday	Lane Public / Lane Public / Lane Adult / Lane Adult	6:00 to 7:30 am 7:30 to 8:50 am 10:30 to 11:30 am ◆ 11:30 am to 1:00 pm 8:30 to 9:30 pm	Adult / Lane Public / Lane Adult / Lane Special Needs Public Lane	7:15 to 8:45 am 10:30 to 11:30 am 11:30 am to 1:00 pm 1:15 to 2:15 pm ◆ 6:45 to 8:15 pm ❖◆ 8:30 to 9:30 pm	Adult / Lane Adult / Lane	11:30 am to 1:00 pm 8:15 to 9:30 pm
Thursday	Adult / Lane Public / Lane  Adult / Lane Public	7:30 to 8:50 am 10:30 to 11:30 am ◆ (tot pool until 12 pm) 11:30 am to 1:00 pm 7:10 to 8:30 pm ❖◆	Lane Adult / Lane Public / Lane  Adult / Lane Adult / Lane	6:30 to 7:30 am 7:30 to 8:45 am 10:40 to 11:30 am ◆ (tot pool until 12 pm) 11:30 am to 1:00 pm 8:30 to 9:30 pm	Public / Lane Public / Lane Adult / Lane Adult / Lane	7:00 to 8:30 am 10:30 to 11:30 am 11:30 am to 1:00 pm 8:30 to 9:30 pm
Friday	Lane Public / Lane Public / Lane Adult / Lane Adult / Lane	6:00 to 7:30 am 7:30 to 8:50 am 10:30 to 11:30 am ◆ 11:30 am to 1:00 pm 6:45 to 8:30 pm	Adult / Lane Public / Lane  Adult / Lane Public / Lane Public	7:15 to 8:45 am 10:30 to 11:30 am ◆ (tot pool until 12 pm) 11:30 am to 1:00 pm 1:00 to 2:00 pm ◆ 7:00 to 9:00 pm ❖◆	Public / Lane Adult / Lane Adult / Lane	10:30 to 11:30 am 11:30 am to 1:00 pm 8:00 to 9:30 pm
Saturday	Lane Public Public	8:15 to 9:15 am 2:30 to 4:00 pm ❖◆ 6:30 to 8:00 pm ❖◆	Public Public	2:00 to 4:00 pm ❖◆ 6:30 to 8:30 pm ❖◆	Adult / Lane Public Adult / Lane	10:30 am to 12:00 pm 12:30 to 2:30 pm 6:30 to 8:30 pm
Sunday	Public Adult / Lane	2:30 to 4:00 pm ❖◆ 6:15 to 8:00 pm	Public Adult / Lane	2:00 to 4:00 pm ❖◆ 6:30 to 8:30 pm	Adult / Lane Public Adult	9:00 to 10:30 am 10:30 am to 12:00 pm 6:30 to 8:30 pm



# Swimming Notices & Cancellations

Schedules are subject to change. Please visit facilities or [www.clarington.net](http://www.clarington.net) for a list of cancellations.

**Note:** Whirlpool and Sauna close 15 minutes prior to the closure of the building.

**Pool Share** may occur during the following swims for Leadership courses: all swims at Alan Strike Aquatic and Squash Centre on **Dec 14, 15, 16, 27, 28, Jan 2 and 3.**



## Swim Types and Descriptions

Swim Type	Swim Descriptions
<b>Adult</b>	18 years of age and older. 2 lanes for lengths swimming plus 1 open lane for exercising.
<b>Adult / Lane Swim</b>	2 lanes for lengths swimming, 1 open lane. Youth may attend to swim lengths only.
<b>Lane</b>	All ages. Slow, Medium, Fast lanes. All swimmers must be continuously swimming lengths.
<b>Public</b>	All ages. Slide open during specified swims only. Please see admissions criteria for guidelines. Swim test required by youth for use of slide and to swim in deep end.
<b>Public / Lane Swim</b>	Pool shared between public and lane swimmers. Recreational swim space will be a minimum of 3 lanes. Swim fins and hand paddles not permitted.
<b>Special Needs Swim</b>	Recreational Swim open to people with physical and/or developmental disabilities with their caregiver; caregivers attend free of charge.
<b>Set-up at the discretion of the Head Lifeguard on duty. Where required, pool space will be adjusted based on need.</b>	