

Winter Swim Schedule

Effective January 5, 2019 to March 29, 2019, unfortunately schedule changes may be necessary periodically. Visit www.clarington.net/swimming for most up-to-date schedule.

◆ indicates times when slide is open for use | + indicates times when tot pool is open for use

Courtice Community Complex

Day	Type	Time
Monday	Lane	6 to 7:30 a.m.
Monday	Public/Lane	7:30 to 8:50 a.m.
Monday	Public/Lane	10:30 to 11:30 a.m. +
Monday	Adult/Lane	11:30 a.m. to 1 p.m.
Monday	Lane	8:30 to 9:30 p.m.
Tuesday	Adult/Lane	6 to 8:50 a.m.
Tuesday	Public/Lane	10:40 to 11:30 a.m. +
Tuesday	Adult/Lane	11:30 a.m. to 1 p.m.
Wednesday	Lane	6 to 7:30 a.m.
Wednesday	Public/Lane	7:30 to 8:50 a.m.
Wednesday	Public/Lane	10:30 to 11:30 a.m. +
Wednesday	Adult/Lane	11:30 a.m. to 1 p.m.
Wednesday	Adult	8:30 to 9:30 p.m.
Thursday	Adult/Lane	7:30 to 8:50 a.m.
Thursday	Public/Lane	10:30 to 11:30 a.m. +
Thursday	Adult/Lane	11:30 a.m. to 1 p.m.
Thursday	Public	7:10 to 8:30 p.m. ◆+
Friday	Lane	6 to 7:30 a.m.
Friday	Public/Lane	7:30 to 8:50 a.m.
Friday	Public/Lane	10:30 to 11:30 a.m. +
Friday	Adult/Lane	11:30 a.m. to 1 p.m.
Friday	Adult/Lane	6:45 to 8:30 p.m.
Saturday	Lane	8:15 to 9:15 a.m.
Saturday	Public	2:30 to 4 p.m. ◆+
Saturday	Public	6:30 to 8 p.m. ◆+
Sunday	Public	2:30 to 4 p.m. ◆+
Sunday	Adult/Lane	6:15 to 8 p.m.

Alan Strike Aquatic and Squash Complex

Day	Type	Time
Monday	Public/Lane	7:00 to 8:30 a.m.
Monday	Public/Lane	10:30 to 11:30 a.m.
Monday	Adult/Lane	11:30 a.m. to 2:30 p.m.
Tuesday	Public/Lane	7 to 8:30 a.m.
Tuesday	Public/Lane	10:30 to 11:30 a.m.
Tuesday	Adult/Lane	11:30 a.m. to 1 p.m.
Tuesday	Adult/Lane	8:30 to 9:30 p.m.
Wednesday	Adult/Lane	8:15 to 9:30 p.m.
Thursday	Public/Lane	7 to 8:30 a.m.
Thursday	Public/Lane	10:30 to 11:30 a.m.
Thursday	Adult/Lane	11:30 a.m. to 1 p.m.
Thursday	Adult/Lane	8:30 to 9:30 p.m.
Friday	Public/Lane	10:30 to 11:30 a.m.
Friday	Adult/Lane	11:30 a.m. to 1 p.m.
Friday	Adult/Lane	8 to 9:30 p.m.
Saturday	Adult/Lane	10:30 a.m. to noon
Saturday	Public	12:30 to 2:30 p.m.
Saturday	Adult/Lane	6:30 to 8:30 p.m.
Sunday	Adult/Lane	9 to 10:30 a.m.
Sunday	Public	10:30 a.m. to noon
Sunday	Adult	6:30 to 8:30 p.m.



Winter Swim Schedule

Diane Hamre Recreation Complex

Day	Type	Time
Monday	Adult/Lane	7:15 to 8:45 a.m.
Monday	Public/Lane	10:40 to 11:30 a.m. (tot pool until noon) +
Monday	Adult/Lane	11:30 a.m. to 1 p.m.
Monday	Adult/Lane	8:30 to 9:30 p.m.
Tuesday	Lane	6:30 to 7:30 a.m.
Tuesday	Adult/Lane	7:30 to 8:45 a.m.
Tuesday	Public/Lane	10:30 to 11:30 a.m. (tot pool until noon) +
Tuesday	Adult/Lane	11:30 a.m. to 1 p.m.
Tuesday	Public/Lane	1 to 2 p.m. +
Tuesday	Adult/Lane	8:30 to 9:30 p.m.
Wednesday	Adult/Lane	7:15 to 8:45 a.m.
Wednesday	Public/Lane	10:30 to 11:30 a.m. (tot pool until noon) +
Wednesday	Adult/Lane	11:30 a.m. to 1 p.m.
Wednesday	Special Needs	1:15 to 2:15 p.m. +
Wednesday	Public	6:45 to 8:15 p.m. ♦ +
Wednesday	Lane	8:30 to 9:30 p.m.
Thursday	Lane	6:30 to 7:30 a.m.
Thursday	Adult/Lane	7:30 to 8:45 a.m.
Thursday	Public/Lane	10:40 to 11:30 a.m.
Thursday	Adult/Lane	11:30 a.m. to 1 p.m.
Thursday	Adult/Lane	8:30 to 9:30 p.m.
Friday	Adult/Lane	7:15 to 8:45 a.m.
Friday	Public/Lane	10:30 to 11:30 a.m. (tot pool until noon) +
Friday	Adult/Lane	11:30 a.m. to 1 p.m.
Friday	Public/Lane	1 to 2 p.m. +
Friday	Public	7 to 9 p.m. ♦ +
Saturday	Public	2 to 4 p.m. ♦ +
Saturday	Public	6:30 to 8:30 p.m. ♦ +
Sunday	Public	2 to 4 p.m. ♦ +
Sunday	Adult/Lane	6:30 to 8:30 p.m.



Swim Types and Descriptions

Adult

18 years of age and older. Two lanes for swimming lengths plus one lane open for exercising.

Adult/Lane

Two lanes for swimming, one open lane. Youth may attend to swim lengths.

Lane

All ages. Slow, medium and fast lanes. All swimmers must be continuously swimming lengths.

Public

All ages. Slide open during specified swims only. See admissions criteria for guidelines. Swim test required by youth for use of slide and to swim in the deep end.

Public/Lane

Pool shared between public and lane swimmers. Recreational swim space will be a minimum of three lanes. Swim fins and hand paddles not permitted.

Special Needs Swim

Recreational swim open to people with physical and/or developmental disabilities with their caregiver. Caregivers attend free of charge.

Pool set-up is at the discretion of the Head Lifeguard. When required, pool space will be adjusted based on need.