

# Spring Swim Schedule

Effective March 30, 2019 to June 27, 2019. Unfortunately schedule changes may be necessary periodically. Visit [www.clarington.net/swimming](http://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. (tot pool until noon) +
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	11:30 a.m. to 1 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.



# Spring 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. (tot pool until noon) +
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.