

ACTIVE CLARINGTON



Summer Program Snapshot

Register for summer programs
starting June 15 at
www.clarington.net/BeActive.

Clarington

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How to register.

Registration for summer programs begins on Wednesday, June 15, at 7 a.m. Programs start the first week of July.

To register online, visit **www.clarington.net/BeActive**. You will be prompted to enter your username, password and course code.

If you are a new client, select “Create an Account.”

For assistance, contact **communityservices@clarington.net** or 905-623-3379 ext. 2552.

Become a member.



Choosing to invest in your health is a great decision. We are ready to help you on your active lifestyle journey.

We offer memberships that cater to all levels of fitness and recreation. Our services are bundled to fit your lifestyle and budget. Memberships can include access to all kinds of recreational opportunities, such as public skating, swimming and group fitness classes. Our classes and fitness facilities are both friendly and inviting.

Our Fitness Training Centre at the Courtice Community Complex has state-of-the-art equipment suitable for all fitness levels, including numerous pieces of cardio equipment, commercial-grade strength machines and an assortment of functional and accessible fitness equipment to keep all members interested while offering endless workout options. A Certified Personal Trainer is always on duty to ensure the safety of our members. Need assistance with the equipment? Just ask. We're here to assist you.

To learn more about our membership options, visit **www.clarington.net/Fitness**.

June is Recreation and Parks Month.



There are plenty of ways to participate on your own or join in with a planned activity with our Clarington recreation staff.



Free Fitness Fridays

Drop by the Fitness Training Centre at Courtice Community Complex **every Friday in June** to use the gym for free! Meet our dedicated fitness staff, try out the fitness equipment and start a new routine. Ages 13 plus. Teens must have completed the Teen Orientation to participate.



Family Fitness Workouts

Each Tuesday in June, from 5 to 5:45 p.m., our fitness staff will lead a fun-filled family workout at 181 Liberty Street, Bowmanville, behind the old Visitor's Centre.

National Trails Day

June 4 is National Trails Day, but we're keeping the celebration going all month long. Join us **each Wednesday at 9 a.m.** in June to explore a Clarington trail as part of a guided hike.



National Health and Fitness Day

Join us for bootcamp on National Health and Fitness Day! **June 4** from 9 to 10 a.m. at Bowmanville Indoor Soccer.

Orono Park Pool opening

Make a splash at Orono Park Pool during our summer grand opening weekend on **June 25 and 26**. Bring your family and swim for free to kick off the summer season.



Water Safety Week

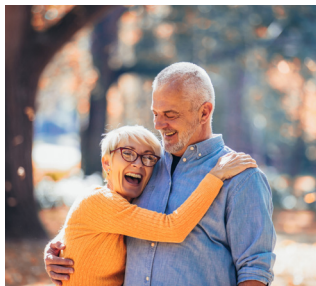
Check out the Water Safety Week displays at our facilities from **June 4 to 11**. Learn tips to stay safe near the water and pick up some colouring and activity sheets for the kids.

For a full schedule of all June is Recreation and Parks Month activities, visit www.clarington.net/JRPM.

Seniors' Month.



There's a lot to celebrate in June. Celebrate Seniors' Month with Clarington's 55+ Active Adults! Registration is required for all Seniors' Month events. Visit www.clarington.net/BeActive to sign up.



Bingo

Join us for a social and fun-filled afternoon of bingo with friends. Light refreshments included. **June 7 from 12:30 to 2 p.m.**

Euchre Tournament

If euchre is your game, this is the place to be! Prizes and refreshments included. **June 13 from 6 to 8:30 p.m.**



Luncheons

Join us for lunch during Seniors' Month. Enjoy a hot meal and time with friends. **June 8 at Haydon Community Hall, June 14 at Orono Town Hall, and June 21 at Courtice Community Complex.**

Landscape Painting

Explore the art of landscape painting. All skill levels welcome. Class will take place both indoors and outdoors, weather depending.

Thursday, June 2 to Thursday, June 23, from 2 to 4 p.m.



Drawing

Learn the basics of drawing, or fine-tune your craft! All levels welcome; supply list prints on receipt. **Thursday, June 2 to Thursday, June 23 from 11:30 a.m. to 1 p.m.**

Grandparent Paint Day

Perfect for budding artists aged six to 12 to join their grandparent (55+) for a step-by-step acrylic project. Registration includes one adult and up to two children, light refreshments and all supplies.

June 30 from 10 a.m. to noon.



View the full schedule of Seniors' Month events at
www.clarington.net/ActiveAdults.

**Host your next
meeting, party
or event at a
Clarington facility.**





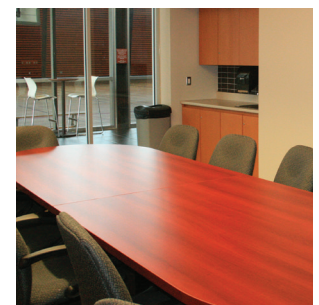
Our community facilities are functional, clean and safe spaces available for your next banquet, corporate meeting or special event. Facility features include swimming pools, ice pads, meeting rooms, fitness space, gymnasiums, squash courts, and so much more.



Our parks and sports fields are available for your next game, practice, family reunion or picnic. Book one of our sports fields, green spaces, gazebos or picnic areas to host your next outdoor gathering.



Visit www.clarington.net/Rentals for a list of our community centres and fill out the Rental Request form to book your space today.



To learn more about booking one of our facilities, call 905-623-5728 ext. 2552 or email bookings@clarington.net.



**Feeling spontaneous?
Find something to
do using our drop-in
calendar. It's as easy
as 1, 2, 3.**

During the summer, it can be difficult to commit to an entire session of programs. With family getaways, cottages, sports or camp, you may feel like you miss more programs than you attend. Our drop-in programs allow you to pay for only the dates you want.

Visit www.clarington.net/DropIn to view our weekly drop-in schedules.

There's no registration necessary and no need to plan ahead. Just find a drop-in program that interests you and your family and come on by.

Our drop-in programs are fun, safe and include something for everyone at locations across Clarington.



Using the calendar is as easy as 1, 2, 3.

1. Use the drop down-menu to choose from our Active 55+, Adult, Families in the Park, Group Fitness, Public Swimming and Public Skating calendars.
2. Select the location you want to visit to see the available programs.
3. Scroll through each week to see what's offered in the weeks ahead.



[Sign In](#) | [Create an Account](#)

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Public Swimming - Drop-in

[Courtice Community Complex](#)

[Display all](#)

[Activities](#)

[Age range](#)

[Time range](#)

[Facilities](#)

[Reset all](#)

[Jun 13 - 19, 2022](#)

[Today](#)

[Day](#)

[Week](#)

Courtice Community Complex

MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18	SUN 19
6:00 AM - 7:30 AM Lane Swim - Monday, 6:00... CCC Pool	7:30 AM - 8:50 AM Lane Swim - Tuesday, 7:30... CCC Pool	6:00 AM - 7:30 AM Lane Swim - Wednesday, 6:0... CCC Pool	7:30 AM - 8:50 AM Lane Swim - Thursday, 7:30... CCC Pool	5:00 PM - 6:30 PM Public Swim Main & Tot Pool -... CCC Pool	11:15 AM - 12:15 PM Lane Swim - Saturday, 11:15... CCC Pool	1:15 PM - 3:15 PM Public Swim Main & Tot Pool -... CCC Pool
7:40 AM - 9:00 AM Public Swim Main Pool Only -... CCC Pool	9:00 AM - 10:00 AM Whirlpool & Sauna - Tuesday... CCC Whirlpool/S...	7:40 AM - 9:00 AM Public Swim Main Pool Only -... CCC Pool	9:00 AM - 10:00 AM Whirlpool & Sauna - Thursda... CCC Whirlpool/S...	5:00 PM - 8:00 PM Whirlpool & Sauna - Friday... CCC Whirlpool/S...	11:15 AM - 3:45 PM Whirlpool & Sauna - Saturda... CCC Whirlpool/S...	1:15 PM - 4:30 PM Whirlpool & Sauna - Sunday... CCC Whirlpool/S...
9:00 AM - 10:30 AM Public Swim Main & Tot Pool -... CCC Pool	10:30 AM - 12:00 PM Public Swim Main & Tot Pool -... CCC Pool	9:00 AM - 10:30 AM Public Swim Main & Tot Pool -... CCC Pool	10:30 AM - 12:00 PM Public Swim Main & Tot Pool -... CCC Pool	6:40 PM - 8:00 PM Lane Swim - Friday, 6:40 p.m. CCC Pool	12:30 PM - 2:30 PM Public Swim Main & Tot Pool -... CCC Pool	3:30 PM - 4:30 PM Lane Swim - Sunday, 3:30 p.m. CCC Pool
12:10 PM - 1:30 PM Lane Swim - Monday, 12:10... CCC Pool	12:15 PM - 1:15 PM Lane Swim - Tuesday, 12:15... CCC Pool	12:10 PM - 1:30 PM Lane Swim - Wednesday, 12:1... CCC Pool	12:15 PM - 1:15 PM Lane Swim - Thursday, 12:15... CCC Pool		2:45 PM - 3:45 PM Lane Swim - Saturday, 2:45... CCC Pool	
4:15 PM - 5:15 PM Lane Swim - Monday, 4:15 p.m. CCC Pool	12:15 PM - 1:15 PM Whirlpool & Sauna - Tuesday... CCC Whirlpool/S...		12:15 PM - 1:15 PM Whirlpool & Sauna - Thursda... CCC Whirlpool/S...			

New this fall, Clarington offers Swim for Life Programs.



The Municipality is transitioning its swim programs to follow the curriculum set out by the Lifesaving Society of Canada as the Red Cross focuses on its humanitarian efforts. Our new Swim for Life Programs will start in the fall, focusing on practising skills and strokes in the water. This means that our program names and levels will be changing from the Red Cross programs to lessons now run by the Lifesaving Society of Canada. To help participants with the transition, we've created a quick guide outlining our previous programs and how they correspond to the new ones being offered. The guide is easy to use and shows the different age groups for our lessons.

Remember that you're never too young to learn and never too old to start swimming – Swim for Life offers a range of lessons for young children, youth and adults. Don't miss out. Register this fall.

Review this guide that shows you the previous swim program levels offered by Red Cross Swim and the corresponding new program levels you need to register for provided by the Lifesaving Society.



Previous Level	→	Register for
Starfish		Parent & Tot 1 (4 to 12 months)
Duck		Parent & Tot 2 (12 to 24 months)
Sea Turtle		Parent & Tot 3 (2 to 3 years)
Sea Otter		Preschool 1 (5 years+)
Salamander		Preschool 2
Sunfish		Preschool 3
Crocodile		Preschool 4
Whale		Preschool 5
Swim Kids 1		Swimmer 1 (6 to 13 years)
Swim Kids 2		Swimmer 2
Swim Kids 3		Swimmer 3
Swim Kids 4/5		Swimmer 4
Swim Kids 7		Swimmer 5
Swim Kids 7		Swimmer 6
Swim Kids 8		Swimmer 7 / Rookie Patrol
Swim Kids 9		Swimmer 8 / Ranger Patrol
Swim Kids 10		Swimmer 9 / Star Patrol
-		Teen Program (14 to 17 years)

Learn more at
www.clarington.net/SwimLessons.



Program spotlight: Community Development.

Clarington's Community Development Team works to build and strengthen our community while providing opportunities for our residents, not-for-profit organizations and businesses. Their key focus areas include diversity and inclusion, accessibility, the Community Funding Program, Volunteer Clarington and special events.

Diversity and Inclusion

The Community Development Team strives to help create a safe, welcoming and inclusive Clarington, where differences are celebrated and the voices of all peoples are heard. They facilitate the Diversity Advisory Committee

and engage Clarington residents, educate, and raise awareness by celebrating our community's differences and strengths.

Accessibility

Community Development staff develop strategies toward a barrier-free Clarington for people with disabilities. They review Municipal policies, programs and services to make sure they follow provincial accessibility standards. They support the Accessibility Advisory Committee and work to identify, prevent and remove any barriers faced by people with disabilities.



Community Funding Program

Clarington's Community Funding Program provides opportunities for Clarington's not-for-profit and volunteer-based organizations to grow and make a difference in our community.

Organizations are invited to apply each year for funding or other in-kind contributions. The Community Development Team administers the program, provides support and advice for organizations who are applying, and presents the applications for final approval.

In-kind support is available year-round by request. This includes consultation with community groups, not-for-profit printing, space rentals and more.

Volunteer Clarington

The Community Development Team, alongside residents and various community groups, help foster an environment of social inclusion and equity. To achieve that, the Team has developed an online portal that allows residents to connect with volunteer opportunities offered by local community

organizations and the Municipality. Access to this service is free for both organizations and volunteers.

Special Events

Special events bring the community together to celebrate and recognize our local achievements. The Community Development Team plans and hosts many special events throughout the year, including Canada Day celebrations, the Sports Hall of Fame, New Year's Eve celebrations and more.

The special event roster also includes two fundraisers: a gala that supports Clarington's arts community and a golf tournament that supports a different local beneficiary each year.

The special events team also provides support and oversight to community events. This includes support in planning and final approval of Municipal permits.

To learn more, contact
CommunityDevelopment@clarington.net.

Community Services Department

905-623-3379 ext. 2552 | communityservices@clarington.net

Municipality of Clarington
40 Temperance Street,
Bowmanville, ON L1C 3A6

Clarington