


Make a splash! Meet us at the pool!

Complex Pool Effective from September - December, 2009 905.831.1711

An 8 lane, 25 metre pool with diving well and training pool.

The pool will be closed for maintenance from September 7th through 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	6:00 am - 8:30 am 3:00 pm - 4:00 pm	6:00 am - 7:30 am 3:00 pm - 4:00 pm	6:00 am - 8:30 am 3:00 pm - 4:00 pm	6:00 am - 7:30 am 3:00 pm - 4:00 pm	6:00 am - 7:30 am 3:00 pm - 4:00 pm		
Open Swim	4:00 pm - 5:00 pm	4:00 pm - 5:00 pm 7:00 pm - 9:00 pm**	4:00 pm - 5:00 pm	4:00 pm - 5:00 pm 7:00 pm - 9:00 pm**	4:00 pm - 5:00 pm 7:00 pm - 9:00 pm	1:00 pm - 4:00 pm 7:00 pm - 9:00 pm	1:00 pm - 4:00 pm 7:00 pm - 9:00 pm
Adult Swim	9:00 am - 11:00 am* 11:00 am - 1:00 pm 9:00 pm - 10:00 pm	9:00 am - 11:00 am* 11:00 am - 1:00 pm 9:00 pm - 10:00 pm	11:00 am - 1:00 pm	9:00 am - 11:00 am* 11:00 am - 1:00 pm 9:00 pm - 10:00 pm	9:00 am - 11:00 am* 11:00 am - 1:00 pm 1:00 pm - 3:00 pm*** 9:00 pm - 10:00 pm	Monday-Friday, 9:00 am - 1:00 pm a 2 lane area is set aside for both slower swimmers and social interaction	
Senior Swim/Special Needs			9:00 am - 11:00 am*				
Parents and Pre-schooler Swim (training pool only)	11:00 am - 1:00 pm 3:00 pm - 4:00 pm	11:00 am - 1:00 pm 3:00 pm - 4:00 pm	11:00 am - 1:00 pm 3:00 pm - 4:00 pm	11:00 am - 1:00 pm 3:00 pm - 4:00 pm	9:00 am - 1:00 pm 3:00 pm - 4:00 pm		
*4 lanes only available **7:00 pm - 8:00 pm: 4 lanes, dive well, training pool available ***at least 1 lane will be available				1867 Valleyfarm Road			

Dunbarton Indoor Pool Effective from September 8, 2009 905.831.1260

A 6 lane, 25 metre pool with diving board

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim	7:00 pm - 8:00 pm		7:00 pm - 8:00 pm				2:00 pm - 4:00 pm
Adult Swim	8:00 pm - 9:00 pm		8:00 pm - 9:00 pm			655 Sheppard Avenue East	

Lane Swim

A minimum of 4 lanes are available for this popular swim time. Circle swim is enforced to accommodate more swimmers. Children must be able to swim lengths confidently.

Open Swim

This is a great time for the whole family to come and enjoy our pools. Children under 8 years must be directly supervised (regardless of swimming ability), IN THE POOL, by a responsible person, 18 years of age and older. Direct supervision is defined as "within arms reach".

Adult Swim

This is a great time for adults, 18 years and older to get in and do some laps, do some water running or just cool down after a good work-out.

Senior & Special Needs Swim

4 lanes are available for this weekly swim period where seniors over 65 and participants with a physical, mental or behavioural disability can enjoy the pool. Support workers are admitted free.

Parents & Preschool Swim

The training pool is available for preschoolers and their guardians. In addition, the training pool is open during Open Swim times.