


CARLETON UNIVERSITY SWIMMING POOL

SPRING 2019 (MAY 6 - JUNE 30)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*LANE Swim 6:00-7:30AM (SHALLOW + DT)	LANE Swim 7:30-8:30AM (3-4 LANES 50 M) Long Course	LANE Swim 6:00-7:30AM (SHALLOW + DT)	LANE Swim 7:30-8:30AM (3-4 LANES 50 M) Long-Course	LANE Swim 6:00-7:30AM (SHALLOW Only)		
*REC Swim 11:45AM-1:15PM (WHOLE POOL)	REC Swim 11:45AM-1:15PM (WHOLE POOL)	REC Swim 11:45AM-1:00PM (WHOLE POOL) 11:45AM-1:15PM on May 8 & June 26	REC Swim 11:45AM-1:15PM (WHOLE POOL)	REC Swim 11:45AM-1:15PM (WHOLE POOL)		WOMEN ONLY REC Swim (WHOLE POOL) *11:30AM-1:15PM May 12, 19, 26 11:25AM-12:25PM June 2-30
*Holiday REC SWIM 1:30-4:30PM ONLY On Monday May 20 (WHOLE POOL)		WOMEN ONLY REC Swim (WHOLE POOL) 1:10-1:55PM May 15-June 19				
	REC Swim 4:00-5:00PM (WHOLE POOL)		REC Swim 4:00-5:00PM (WHOLE POOL)	*REC Swim 4:30-6:00PM (WHOLE POOL)	REC Swim 1:30-4:30PM (WHOLE POOL)	REC Swim 1:30-4:30PM (WHOLE POOL)
*REC Swim 4:30-6:00PM (WHOLE POOL)	LANE Swim 5:00-6:00PM (DEEP Only)	REC Swim 4:30-6:00PM (WHOLE POOL)	LANE Swim 5:00-6:00PM (DEEP Only)	LANE Swim 5:30-6:00PM (DEEP Only) May 24 - June 21		
				REC Swim 8:10-9:25PM (WHOLE POOL) CANCELLED on May 17, June 28		
*REC Swim 9:10-10:25PM (WHOLE POOL)	REC Swim 9:10-10:25PM (WHOLE POOL)	REC Swim 9:10-10:25PM (WHOLE POOL)	REC Swim 9:10-10:25PM (WHOLE POOL)			
LANE Swims: lane swimming only. Water-running In deep end, when DT is available or during LC swims. LANE Swims are in 1/2 pool: shallow, deep or in 3-lanes shallow & 3-lanes deep or 3-lanes LC.		Recreational Swims (REC): lane swimming, water-running, leisure-lanes, basketball nets, wading pool, 6 ft. slide, 1m diving board, 5m & 7.5m platforms, swing rope and bubbler. REC Swims are in whole pool (shallow, deep, dive-tank - DT). LC=50M long-course set-up.			Public Swim Fees: Children (under 14) - \$3.50 Adults - \$5.00 (HST included) Families - \$15.60 (2 adults / 4 children)	



ALL Swims are FREE for registered CU Students, Faculty, Staff & Community MEMBERS and are open to PUBLIC swimmers.
 Times not scheduled for Public-Member swims are designated for CU Programs & Rentals ONLY.
 ** CU Aquatics reserves the right to schedule programs such as private/semi-private swim lessons during any swim listed below.**
 Click on www.carleton.ca/athletics for pool schedule updates or call the **Welcome Centre** at **613 520-4480**.