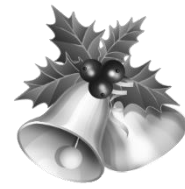


# Holiday Swim Schedule



**Call to reserve a swim 613-257-1005 Ext 21. NO DROP-INS WILL BE PERMITTED.** Visit [www.carletonplace.ca](http://www.carletonplace.ca) for Covid protocols, details are also listed below. Masks are mandatory before and after swims. Very limited number of people are allowed in the main pool and the hot pool areas.

**Saturdays, Dec 19, Dec 26 & Jan 2      CLOSED**

**Sundays, Dec 20, Dec 27 & Jan 3      CLOSED**

**Mondays, Dec 21 & Dec 28      Lane Swim – 7:30 am, 9:00 am, 10:30 am  
Adult Swim – 12:00 noon  
Family Swim – 1:30 pm**

**Tuesdays, Dec 22 & Dec 29  
(No Aquafit)      Lane Swim – 10:30 am  
Adult Swim - 12:00 noon  
Family Swim – 1:30 pm**

**Wednesdays, Dec 23 & Dec 30  
(No Aquafit)      Lane Swims – 7:30 am, 9:00 am, 10:30 am  
Adult Swim - 12:00 noon  
Family Swim – 1:30 pm**

**Thursdays, Dec 24 & Dec 31      CLOSED**

**Fridays, Dec 25 & Jan 1      CLOSED**

*From all of us at the pool, we wish you and your family a joyful holiday season!*



# Carleton Place Aquatics

## 'Covid' Safety Rules

- Before visiting the facility, we strongly recommend that you complete a Covid Self-Assessment at [www.ontario.ca](http://www.ontario.ca)
- Stay at home if you're feeling unwell.
- ALL programs require advance registrations, including Aquafit, Lane Swims, Adult Swims, Family Swims, Hot Pool Swims, and Lessons. **Call 613-257-1005 Ext 21**
- Electronic payment is preferred at this time. Punch Cards can be purchased over the phone using Visa or MC, then pickit up at your first reserved swim time.
- Masks or face coverings are MANDATORY before and after your reserved swim time. Keep your mask on until you're ready to swim, leave it with your personal belongings on deck during your swim then, put it back on after your swim.
- Social distancing is expected throughout the facility as well as in the pool.
- Bring your own equipment, ie. Flutterboards, lifejackets, pull buoys, pool noodles, etc.
- Bather load is restricted in both pools. Patrons may be asked to wait for space to become available in the hot pool.
- Showers are available before and after your swim, keep it short. You're limited to 15 min in the changerooms after your swim.
- Lockers are NOT available.DO NOT leave personal items in the change rooms, bring everything to the pool deck with you in a bag.
- Shoes & coats stay in the lobby. **Outdoor footwear is not allowed in the changerooms.**
- After swimming, change and leave the building promptly, we need to limit the number of people in the lobby.

## Admission / Supervision Policy for FAMILY SWIMS & Hot Pool

- Families stay within their own 'family bubble' while in the pool and while using the changerooms. THESE SWIMS ARE FOR MEMBERS OF THE SAME HOUSEHOLD.
- Children will not be allowed to attend a FAMILY SWIM without a parent who is also participating in the pool, and who is also within arms reach.
- Parent / Guardian must be at least 14 yrs of age and must be competent swimmers.
- Children under the age of 6 MUST be within arms reach of a parent or guardian at all times, including the hot pool. Max. 2 children per Parent / Guardian.
- ALL children age 6+ are accompanied in the pool with a parent or guardian who is responsible for their direct supervision at all times, including the hot pool. No more than 4 non/weak swimmers per parent / guardian. Bring your own lifejackets.
- Swim tests will be required.
- Children age 6+ must use appropriate gender changerooms.
- The Supervisor on duty has the right to request a swim test of any individual attending these swims.

We appreciate your patience. Programs and times are changing frequently. Check our webpage, [www.carletonplace.ca](http://www.carletonplace.ca) regularly for updates. Please call us if you have any questions, 613-257-1005 EXT 21