



Cobourg YMCA

339 Elgin Street West
Cobourg, ON

Aquatics Schedule: September 4 to December 24, 2022

LANE SWIM : Pool for Lane Swimming Only

OPEN SWIM: Pool open for all patrons

POOL SHARE: Shared use of pool with Lane Swim, Registered Programming and/or Birthday Parties

REGISTERED PROGRAMMING: Pre-Registered Swimming Lessons

PARENT + TOT SWIM: Pool Share swim for parents/caregivers in the shallow end of the pool. Guard on duty.
Non instructional swim

Pool Hours

Monday - Friday	5:00am - 9:00pm
Saturday	6:30am - 7:00pm
Sunday	8:00am - 5:00pm

HOLIDAY HOURS Sept 5th + Oct 10th

Lane Swim 7am-11am

Open Swim 11am-5pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:00am Lane Swim	5:00am-6:15am Lane Swim	5:00am-9:00am Lane Swim	5:00am-6:15am Lane Swim	5:00-9:00am Lane Swim	6:30-7:15am Water Power Fitness	8:00am-12:00pm Lane Swim
9:00am-9:45am AquaFit	6:30am-7:15am Water Power Fitness	9:00am-9:45am AquaFit	6:30am-7:15am Water Power Fitness	9:00-9:45am AquaFit	7:30-9:00am Lane Swim	10:00-12:00pm Pool Share
10:00am-12:00pm Lane Swim	7:30am-9:00am Lane Swim	10:00-12:00pm Lane Swim	7:30am-9:00am Lane Swim	10:00am-12:00pm Lane Swim	9:00-1:00pm Swim Lessons	12:00-5:00pm Lane Swim & Open Swim <i>*2 lanes available</i>
11:30am-12:00pm Pool Share	9:00am-9:45am AquaFit	11:30pm-12:00pm Parent + Tot Swim (Pool Share)	9:00am-9:45am AquaFit	11:30am-12:00pm Pool Share	1:00pm-7:00pm Lane Swim & Open Swim <i>*2 lanes available</i>	
12:00pm-6:00pm Open Swim	10:00am-12:00pm Lane Swim	12:00pm-4:30pm Open Swim	10:00am-12:00pm Swim Lessons	12:00pm-6:00pm Open Swim		
6:00-9:00pm Lane Swim & Open Swim <i>*Only 2 lanes available</i>	12:00pm-4:30pm Open Swim	4:30-8:00pm Swim Lessons	12:00pm-6:00pm Open Swim	6:00pm-9:00pm Lane Swim & Open Swim <i>*2 lanes available</i>		
	4:30pm-8:00pm Swim Lessons	8:00pm-9:00pm Lane Swim	6:00pm-9:00pm Lane Swim & Open Swim <i>*2 lanes available</i>			
	8:00pm-9:00pm Lane Swim					

Schedule subject to change

At all times (even in lobby) please adhere to ALL health and safety guidelines