| Cobourg YMCA   | Pool Hours   |  |
|--|--|--|
| 339 Elgin Street West<br>Cobourg, ON   | Monday - Friday  | 5:30am - 9:00pm                          |
| Cobourg, ON  | Saturday   | 6:30am - 7:00pm                          |
|  | Sunday   | 7:00am - 5:00pm                          |
| LANE SWIM: Pool for Lane Swimming Only   | Holiday Pool Hours   |  |
| OPEN SWIM: Pool open for all patrons   | April 7 (Good Friday)  | nday) Lane Swim<br>Jay) 11:00 am 5:00 am |
| POOL SHARE: Shared use of pool with Lane Swim, Registered Programming and/or Birthday Parties<br>REGISTERED PROGRAMMING: Pre-Registered Swimming Lessons | April 10 (Easter Monday)<br>May 22 (Victoria Day)<br>July 1 (Canada Day) |  |

| Aquatics Schedule April 2 - July 1, 2023                    |   |   |  |   |  |   |  |  |
|---|---|---|--|---|--|---|--|--|
| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday                               | Sunday  |  |  |
| 5:30-8:15am<br>Lane Swim                                    | 5:30-6:15am<br>Lane Swim                                    | 5:30-8:15am<br>Lane Swim  | 5:30-6:15am<br>Lane Swim   | 5:30-8:45am<br>Lane Swim                        | 6:30-7:15am<br>Water Power Fitness     | 7:00-9:00am<br>Lane Swim<br>(7:00-8:30am<br>Pool Share) |  |  |
|   | 6:30-7:15am<br>Water Power Fitness                          |   | 6:30-7:15am<br>Water Power Fitness   |   |  |   |  |  |
| 8:30-9:15am<br>AquaFit                                      | 7:30-8:45am<br>Lane Swim                                    | 8:30-9:15am<br>AquaFit  | 7:30-8:45am<br>Lane Swim   |   | 7:30-8:45am<br>Lane Swim               |   |  |  |
| 9:30-10:15am<br>AquaFit                                     | 9:00-9:45am<br>AquaFit                                      | 9:30-10:15am<br>AquaFit   | 9:00-9:45am<br>AquaFit   | 9:00-9:45am<br>AquaFit                          | 9:00-1:00pm<br>Registered Swim Lessons | 9:00-12:00pm<br>Registered Swim Lessons                 |  |  |
| 10:30-12:00pm<br>Lane Swim<br>(11:30-12:00pm<br>Pool Share) | 10:00-12:00pm<br>Lane Swim<br>(10:30-12:00pm<br>Pool Share) | 10:30-12:00pm<br>Lane Swim<br>(Pool Share)                                      | 10:00-12:00pm<br>Registered Swim Lessons<br>*2 Lanes Available                 | 10:00-12:00pm<br>Lane Swim                      | 1:00-7:00pm<br>Open Swim               | 12:00-5:00pm<br>Open Swim<br>*2 Lanes Available         |  |  |
| 12:00-9:00pm<br>Open Swim<br>*2 Lanes Available             | 12:00-4:00pm<br>Open Swim<br>(12:00-2:00pm<br>Pool Share)   | 12:00-4:00pm<br>Open Swim<br>*2 Lanes Available<br>(12:00-2:00pm<br>Pool Share) | 12:00-9:00pm<br>Open Swim<br>*2 Lanes Available<br>(3:00-4:00pm<br>Pool Share) | 12:00-9:00pm<br>Open Swim<br>*2 Lanes Available |  |   |  |  |
|   | 4:00-8:00pm<br>Registered Swim Lessons                      | 4:00-8:00pm<br>Registered Swim Lessons  |  |   |  |   |  |  |

## Schedules subject to change

8:00-9:00pm Lane Swim

8:00-9:00pm Lane Swim