

Holiday Pool Hours	
July 1 August 7	No Classes Open 7:00am-5pm
	7:00am - 11:00am Lane Swim
	11:00am - 5:00pm Open Swim

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

Aquatics Schedule July 2 - September 2, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:45am Lane Swim	5:30-6:15am Lane Swim	5:30-8:45am Lane Swim	5:30-6:15am Lane Swim	5:30-8:45am Lane Swim		
	6:30-7:15am Water Power Fitness		6:30-7:15am Water Power Fitness		6:30-7:15am Water Power Fitness	7:00-11:00am Lane Swim
	7:15-8:45am Lane Swim		7:15-8:45am Lane Swim		7:30-11:00am Lane Swim	
9:00-9:45am AquaFit	9:00-9:45am AquaFit	9:00-9:45am AquaFit	9:00-9:45am AquaFit	9:00-9:45am AquaFit	11:00-5:00pm Open Swim Pool Share	11:00-5:00pm Open Swim *2 Lanes Available Shared
10:00-2:00pm Camp Swim *2 Lanes Available	10:00-2:00pm Camp Swim *2 Lanes Available	10:00-2:00pm Camp Swim *2 Lanes Available	10:00-11:00am Parent & Tot Swim Lane Swim *2 Lanes Available	10:00-2:00pm Camp Swim *2 Lanes Available		
2:00-6:00pm Open Swim *2 Lanes available	2:00-4:00pm Open Swim *2 Lanes available	2:00-6:00pm Open Swim *2 Lanes available	11:00-4:00pm Open Swim *2 Lanes available			
6:00-7:15pm Under Water Hockey	4:00-8:00pm Registered Swim Lessons	6:00-7:15pm Under Water Hockey	4:00pm-8:00pm Registered Swim Lessons	2:00-9:00pm Open Swim *2 Lanes Available		
7:30-9:00pm Open Swim	8:00-9:00pm Open Swim	7:30-9:00pm Open Swim	8:00-9:00pm Open Swim			

Schedules subject to change



Cobourg YMCA
339 Elgin Street West
Cobourg, ON

Program Descriptions

AquaFit

An excellent low impact, full body workout, great for those with joint pain or recovering from injuries.

Members: FREE

Non Members: Drop In Fee

Water Power Fitness

This class welcomes all fitness levels and is designed to improve your cardio, strength, and range of motion in the comfort of water.

Members: FREE

Non Members: Drop In Fee

Under Water Hockey

Under Water Hockey is a non contact sport played at the bottom of the pool. Players dive down to get their sticks on the puck. Players try to score on the other teams net by manipulating, passing and shooting.

Members: FREE

Non Members: Drop In Fee

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