Cobourg YMCA	Pool Hours		
339 Elgin Street West	Monday - Friday	5:00am - 9:00pm	
Cobourg, ON	Saturday	6:00am - 7:00pm	
LANE SWIM: Pool for Lane Swimming Only	Sunday	7:00am - 5:00pm	
OPEN SWIM: Pool open for all patrons	Holiday Pool Hours		
SENSORY SWIM: An open swim for all ages. Moving in the water promotes sensory inputs and body awareness. This open swim is designated for individuals who enjoy a quieter swim time, no music and	rioliday roorriours		
natural lighting.		No Classes	
POOL SHARE: Shared use of pool with Lane Swim, Registered Programming and/or Birthday Parties	September 4 October 9	7:00am - 11:00am Lane Swim	
REGISTERED PROGRAMMING: Pre-Registered Swimming Lessons begin Sept. 10.		11:00am - 5:00pm Open Swim	

Aquatics Schedule September 5 - November 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM - 8:15AM Lane Swim	5:15AM - 6:30AM Lane Swim	5:15AM - 8:15AM Lane Swim	5:15AM - 6:30AM Lane Swim	5:15AM - 8:45AM Lane Swim	6:00AM - 6:30AM Lane Swim	7:00AM - 9:00AM Lane Swim
	6:30AM - 7:15AM Water Power Fitness		6:30AM - 7:15AM Water Power Fitness		6:30AM - 7:15AM Water Power Fitness	9:00AM - 9:45AM Sensory Swim
8:30AM - 9:15AM AquaFit	7:15AM - 8:45AM Lane Swim	8:30AM - 9:15AM AquaFit	7:15AM - 8:45AM Lane Swim		7:15AM - 8:45AM Lane Swim	
9:30AM - 10:15AM AquaFit	9:00AM - 9:45AM AquaFit	9:30AM - 10:15AM AquaFit	9:00AM - 9:45AM AquaFit	9:00AM - 9:45AM AquaFit	9:00AM - 1:00PM Registered Swim Lessons	10:00AM - 1:00PM Registered Swim Lessons *3 Lanes Available
10:30AM - 1:00PM Lane Swim	10:00AM - 1:00PM Lane Swim	10:30AM - 1:00PM Lane Swim	10:00AM - 1:00PM Lane Swim	10:00AM - 1:00PM Lane Swim		
(11:15AM -12:00PM Pool Share)1	(10:00AM - 11:00AM Pool Share)2	(11:15AM - 12:00PM Pool Share)1	(10:00AM - 11:00AM Pool Share)2	(10:00AM - 11:00AM Pool Share)2		
1:00PM - 7:45PM Open Swim *2 Lanes Available	1:00PM - 4:15PM Open Swim *2 Lanes Available	1:00PM - 4:15PM Open Swim *2 Lanes Available	1:00PM - 4:15PM Open Swim *2 Lanes Available	1:00PM - 9:00PM Open Swim *2 Lanes Available	1:00PM - 7:00PM Open Swim *2 Lanes Available	1:00PM - 5:00PM Open Swim *2 Lanes Available
	4:30PM - 8:00PM Registered Swim Lessons	4:30PM - 8:00PM Registered Swim Lessons	4:30PM - 8:00PM Registered Swim Lessons			
	Open Swim (Sept. 5)	Open Swim (Sept. 6)	Open Swim (Sept. 7)			
8:00PM - 9:00PM Underwater Hockey	8:00PM - 9:00PM Lane Swim	8:00PM - 9:00PM Lane Swim	8:00PM - 9:00PM Underwater Hockey			

1 Water Baby Bootcamp 2 Parent & Tot Swim

Schedules subject to change