



Shine On

Cobourg YMCA
339 Elgin Street West
Cobourg, ON

AQUATIC SCHEDULE

June 16 to Sept 2, 2024

No classes on holidays.

OPEN SWIM: Pool Open for all patrons.

LANE SWIM: Pool for Lane Swimming for all lanes or refer to the bracketed note with the number of lanes set up for laps: (** # Lanes)

POOL SHARE: Shared Lane Swims with Water Baby Bootcamp, Parent & Tot Swim, or Open Swim.

REGISTERED PROGRAMMING: Begin week of June 16.

UNDERWATER HOCKEY: A non-contact pool sport where players dive to get sticks on the puck and score on the opposing team's net.

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JUNE 16 - SEPT 2

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

Holiday Hours (No Classes)

July 1, Aug 5, Sept 2 9:00am-5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM - 9:15AM Lane Swim	5:30AM - 6:30AM Lane Swim	5:30AM - 9:15AM Lane Swim	5:30AM - 6:30AM Lane Swim	5:30AM - 9:15AM Lane Swim		
	6:30AM - 7:15AM Water Power Fitness		6:30AM - 7:15AM Water Power Fitness		6:30AM - 7:15AM Water Power Fitness	
	7:15AM - 8:15AM Lane Swim		7:15AM - 8:15AM Lane Swim		7:15AM - 11:00AM Lane Swim	7:00AM - 11:00AM Lane Swim
	8:30AM - 9:15AM AquaFit		8:30AM - 9:15AM AquaFit			
9:30AM - 10:15AM AquaFit	9:15AM - 11:45AM Lane Swim June 16-30	9:30AM - 10:15AM AquaFit	9:15AM - 11:45AM Lane Swim June 16-30	9:30AM - 10:15AM AquaFit		
	11:45AM - 2:30AM Open Swim June 16-30		11:45AM - 2:30AM Open Swim June 16-30			
10:30AM - 2:30PM Lane Swim June 16-30 Camp Swim Jul-Aug	9:15AM - 10:30AM Lane Swim Jul-Aug 10:30AM - 2:30PM Camp Swim Jul-Aug	10:30AM - 2:30PM Lane Swim June 16-30 Camp Swim Jul-Aug	9:15AM - 10:30AM Lane Swim Jul-Aug 10:30AM - 2:30PM Camp Swim Jul-Aug	10:30AM - 2:30PM Lane Swim June 16-30 Camp Swim Jul-Aug	11:00AM - 6:00PM Open Swim **2 Lanes available June 16-30	11:00AM - 5:00PM Open Swim **2 Lanes available June 16-30
2:30PM - 6:00PM Open Swim **2 Lanes Available	2:30PM - 4:00PM Open Swim **2 Lanes available	2:30PM - 6:00PM Open Swim **2 Lanes Available	2:30PM - 6:00PM Open Swim **2 Lanes Available	2:30PM - 9:00PM Open swim **2 Lanes Available"		
6:00PM - 7:00PM Underwater Hockey	4:00PM - 8:00PM Swim Lessons	6:00PM - 9:00PM Lane Swim	6:00PM - 7:00PM Underwater Hockey			
7:00PM - 9:00PM Lane Swim	8:00PM - 9:00PM Lane Swim		7:00PM - 9:00PM Lane Swim			

Schedules subject to change.
Please note there may be minor schedule changes after June 30.

COBOURG POOL