

CENTENNIAL POOL



YMCA Northumberland
Centennial Pool
42 Charles Street, Cobourg

Shine On

AQUATIC SCHEDULE

July 1 to Sept 2, 2024

Schedules subject to change.

No classes on holidays.

Mothers of Newborn Program

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: (** 2 Lanes Available)

POOL SHARE: Shared Swims with various programs.

REGISTERED PROGRAMMING: Begin week of July 1.

POOL HOURS

Mon - Wed - Fri 7:00am-8:00pm
Tues - Thurs 6:30am-8:00pm
Saturday 9:00am-5:00pm
Sunday 10:00am-4:00pm

HOLIDAY HOURS (NO CLASSES)

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

If the pool is not rented in the designated time slots the open swim will be available. Rentals must be booked 1 week in advance. Check social media and Centennial Pool to see availability week to week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30AM - 7:30AM Water Power Fitness		6:30AM - 7:30AM Water Power Fitness		6:30AM - 7:30AM Water Power Fitness	
7:30AM - 9:00AM Lane Swim	7:30AM - 9:00AM Lane Swim	7:30AM - 9:00AM Lane Swim	7:30AM - 9:00AM Lane Swim	7:30AM - 9:00AM Lane Swim	7:30AM - 12:00PM Lane Swim	8:00AM - 12:00PM Lane Swim
9:00AM - 9:45AM AquaFit	9:00AM - 9:45AM AquaFit	9:00AM - 9:45AM AquaFit	9:00AM - 9:45AM AquaFit	9:00AM - 9:45AM AquaFit		12:00PM - 6:00PM Open Swim**
10:15AM - 1:15PM Swim Lessons/Lane Swim**	10:15AM - 1:15PM Swim Lessons/Lane Swim**	10:15AM - 1:15PM Swim Lessons/Lane Swim**	10:15AM - 1:15PM Swim Lessons/Lane Swim**	10:15AM - 11:00AM Water Baby Bootcamp**		
1:30PM - 5:00PM Open Swim**	1:30PM - 3:00PM Open Swim**	1:30PM - 4:00PM Open Swim**	1:30PM - 5:00PM Open Swim**	11:00AM - 12:00PM Parent & Tot Swim**		
	3:00PM - 4:00PM Baby Water Bootcamp**	4:00PM - 8:00PM Swim Lessons		12:00PM - 1:30PM Lane Swim	12:00PM - 4:00PM Open Swim**	
5:00PM - 6:00PM AquaFit	4:00PM - 5:00PM Parent & Tot Swim**		5:00PM - 6:00PM Pool Rental	1:30PM - 8:00PM Open Swim with POOL SHARE**	4:00PM - 5:00PM Pool Rental	
6:00PM - 8:00PM Open Swim	5:00PM - 8:00PM Open Swim		6:00PM - 8:00PM Open Swim		5:00PM - 6:00PM Open Swim	