

# CENTENNIAL POOL



**YMCA Northumberland**  
**Centennial Pool Swim Lessons**  
 42 Charles Street, Cobourg ON

## SWIMMING LESSONS

July 2 - August 21, 2024

Schedules subject to change. All lessons require Registration. Registration opens **Monday, June 10, 2024**

### Rates

**30 Minute Class**  
 7 Lessons: \$71.40  
 8 Lessons: \$81.60

**45 Minute Class**  
 7 Lessons: \$79.10  
 8 Lessons: \$90.40

**Private Lesson  
 (1 Student)**  
 7 Lessons: \$122.92  
 8 Lessons: \$140.50

**Semi-Private Lesson  
 (2 Students)**  
 7 Lessons: \$180.25  
 8 Lessons: \$206.00

Level	DAILY LESSONS MONDAY to THURSDAY 2 WEEK SESSIONS	WEDNESDAY EVENING LESSONS (8 Lessons) July 3 to August 21
Splasher/Bubbler	10:45AM - 11:15AM	4:30PM - 5:00PM
Bobber	10:15AM - 10:45AM 11:45AM - 12:15AM	4:00PM - 4:30PM 5:00PM - 5:30PM 5:30PM - 6:00PM
Floater	10:15AM - 10:45AM 11:45AM - 12:15AM	4:30PM - 5:00PM 5:30PM - 6:00PM
Glider/Diver	10:15AM - 10:45AM	5:30PM - 6:00PM 6:15PM - 6:45PM
Surfer/Jumper	11:15AM - 11:45AM	6:15PM - 6:45PM
Otter	10:45AM - 11:15AM 12:15AM - 12:45AM	4:00PM - 4:30PM 6:45PM - 7:15PM
Seal	10:45AM - 11:15AM	5:00PM - 5:30PM 6:00PM - 6:30PM
Dolphin/Swimmer	11:45AM - 12:15AM	5:00PM - 5:30PM 6:00PM - 6:30PM
Star 1/2	10:15AM - 11:00AM	4:00PM - 4:45PM 5:30PM - 6:15PM
Star 3/4	11:00AM - 11:45AM	6:30PM - 7:15PM
Star 5/6	12:15AM - 1:00PM	4:45PM - 5:30PM
Private/Semi	10:45AM - 11:15AM 11:15AM - 11:45AM 11:45AM - 12:15PM 12:15PM - 12:45PM 12:45PM - 1:15PM	4:30PM - 5:00PM 6:00PM - 6:30PM 6:30PM - 7:00PM 6:45PM - 7:15PM 7:00PM - 7:30PM 7:15PM - 7:45PM
Adult Stroke Correction		7:15PM - 7:30PM

### DAILY LESSONS MONDAY TO THURSDAY 2 WEEK SESSION DATES

#### Session 1:

July 2 - July 11  
 7 Lessons

#### Session 2:

July 15 - July 25  
 8 Lessons

#### Session 3:

July 29 - August 8  
 7 Lessons

#### Session 4:

August 12 - August 22  
 8 Lessons

### 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

#### Splasher/Bubbler:

Parents/guardians will be required to be in the water to assist their child for this level of lessons.

#### Adult Stroke Correction:

Great for adult swimmers looking to improve technique, learn a new stroke or to become more efficient in the water to make swimming a little easier, increase your speed or to prevent technique related injuries.