



**YMCA Northumberland
Cobourg**
339 Elgin Street West
Cobourg, ON

AQUATIC SCHEDULE

November 4 - December 22, 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 number of lanes set up for laps: (** # Lanes)

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

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

SENSORY SWIM: Enjoy a serene all-ages open swim with no music & natural lighting to boost energy inputs and body awareness.

FACILITY HOURS

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

Schedules subject to change.

COBOURG POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM - 8:15AM Lane Swim	5:30AM - 6:15AM Lane Swim		5:30AM - 6:15AM Lane Swim			
	6:30AM - 7:15AM Water Power Fitness	5:30AM - 8:15AM Lane Swim	6:30AM - 7:15AM Water Power Fitness	5:30AM - 8:45AM Lane Swim	6:30AM - 7:15AM Water Power Fitness	7:00AM - 9:00AM Lane Swim
8:30AM - 9:15AM AquaFit	7:15AM - 8:45AM Lane Swim	8:30AM - 9:15AM AquaFit	7:15AM - 8:45AM Lane Swim	9:00AM - 9:45AM AquaFit	7:30AM - 8:45AM Lane Swim	9:00AM - 9:45AM Sensory 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 - 9:45AM Sensory Swim
10:30AM - 11:15AM Lane Swim	10:00AM - 1:00PM Pool Share** (Parent & Tot)	10:30AM - 11:15AM Lane Swim	10:00AM - 1:00PM Pool Share**(Parent & Tot)	10:00AM - 1:00PM Pool Share**(Parent & Tot)	9:00AM - 1:00PM Swim Lessons	10:00AM - 1:00PM Swim Lessons***
11:15AM - 12:00PM Pool Share**(Baby WBC)		11:15AM - 12:00PM Pool Share**(Baby WBC)	1:00PM - 4:15PM Open Swim**	1:00PM - 6:00PM Open Swim**		
12:00PM - 1:00PM Lane Swim	1:00PM - 1:45PM AquaFit	12:00PM - 1:00PM Lane Swim		6:00PM - 6:45PM Pool Share* (Artistic Swim/Synchro)		1:00PM - 6:00PM Open Swim**
1:00PM - 8:00PM Open Swim**	2:00PM - 4:15PM Open Swim**	1:00PM - 4:15PM Open Swim**			1:00PM - 7:00PM Open Swim**	
	4:30PM - 8:00PM Swim Lessons	4:30PM - 8:00PM Swim Lessons	4:30PM - 8:00PM Swim Lessons	6:45PM - 8:00PM Open Swim**		
8:00PM - 9:00PM Underwater Hockey	8:00PM - 9:15PM Lane Swim	8:00PM - 9:15PM Lane Swim	8:00PM - 9:00PM Underwater Hockey	8:00PM - 9:15PM Lane Swim		

*Artistic Swim/Synchro Runs
6 weeks until Dec. 13.*