



YMCA Northumberland Cobourg

339 Elgin Street West
Cobourg, ON

Shine On

SWIMMING LESSONS

November 4 - December 22, 2024

Schedules subject to change

All lessons required Registration.

Registration opens Mon., Oct. 21, 2024

Rates (7 Weeks)

30 Minute Group Class
\$71.40

45 Minute Group Class
\$79.10

Private 30 Minute Class
\$122.95 (for 1 student/1 instructor)

Semi Private 30 Minute Class
\$180.25 (for 2 students/1 instructor)

1 Group Class is included with each membership.

Y Waves Swim Team
Non Member: \$80
Member: \$40

Jr. Lifeguard
Non Member: \$140
Member: \$122.50

Adult Stroke Correction
Non Member: \$105.45
Member: No Cost

Adult Learn to Swim
Non Member: \$105.45
Member: No Cost

Level	Tuesday	Wednesday	Thursday	Saturday	Sunday
Splasher/Bubbler	5:30pm - 6:00pm	5:00pm - 5:30pm	4:30pm - 5:00pm	9:30am - 10:00am	
Bobber	4:30pm - 5:00pm 6:00pm - 6:30pm 6:30pm - 7:00pm	4:30pm - 5:00pm 6:00pm - 6:30pm	4:30pm - 5:00pm 5:30pm - 6:00pm	9:00am - 9:30am 10:30am - 11:00am 12:15pm - 12:45pm	
Floater	4:30pm - 5:00pm 5:00pm - 5:30pm	5:00pm - 5:30pm 6:00pm - 6:30pm	5:00pm - 5:30pm 6:00pm - 6:30pm	9:30am - 10:00am 12:00pm - 12:30pm	
Glider/Diver	5:00pm - 5:30pm 6:30pm - 7:00pm	5:30pm - 6:00pm 6:30pm - 7:00pm	5:00pm - 5:30pm 6:30pm - 7:00pm	10:00am - 10:30am 11:30am - 12:00pm	
Surfer/Jumper	6:00pm - 6:30pm	5:30pm - 6:00pm	6:00pm - 6:30pm	10:00am - 10:30am	
Otter	6:00pm - 6:30pm 6:30pm - 7:00pm	4:30pm - 5:00pm 5:30pm - 6:00pm	5:00pm - 5:30pm 5:30pm - 6:00pm	9:00am - 9:30am 10:00am - 10:30am 12:30pm - 1:00pm	
Seal	5:00pm - 5:30pm 5:30pm - 6:00pm	5:00pm - 5:30pm 6:30pm - 7:00pm	4:30pm - 5:00pm 5:30pm - 6:00pm	10:30am - 11:00am 12:30pm - 1:00pm	
Dolphin/Swimmer	4:30pm - 5:00pm 5:30pm - 6:00pm	4:30pm - 5:00pm 6:00pm - 6:30pm	4:30pm - 5:00pm 5:00pm - 5:30pm 6:30pm - 7:00pm	9:00am - 9:30am 11:30am - 12:00pm 11:45am - 12:15pm	
Star 1/2	4:30pm - 5:15pm 6:00pm - 6:45pm	4:30pm - 5:15pm 6:00pm - 6:45pm	6:00pm - 6:30pm	9:00am - 9:45am 10:45am - 11:30am	
Star 3/4	5:15pm - 6:00pm	5:15pm - 6:00pm	6:00pm - 6:45pm	9:45am - 10:30am 11:45am - 12:30pm	
Star 5/6			7:00pm - 7:45pm	10:30am - 11:15am	
Private/Semi	6:45pm - 7:15pm 7:00pm - 7:30pm 7:15pm - 7:45pm 7:30pm - 8:00pm	6:30pm - 7:00pm 6:45pm - 7:15pm 7:00pm - 7:30pm 7:30pm - 8:00pm	5:30pm - 6:00pm 6:45pm - 7:15pm 7:00pm - 7:30pm 7:15pm - 7:45pm 7:30pm - 8:00pm	9:30am - 10:00am 11:00am - 11:30am 11:15am - 11:45am 12:00pm - 12:30pm 12:30pm - 1:00pm	10:00am - 10:30am 10:30am - 11:00am 11:00am - 11:30am 11:30am - 12:00pm 12:00pm - 12:30pm 12:30pm - 1:00pm
Y Waves Swim Team	7:00pm - 8:00pm				
Jr. Lifeguard		7:00pm - 8:00pm			
Adult Classes		7:00pm - 8:00pm Stroke Correction	7:15pm - 8:00pm Learn to Swim		

SPLASHER/BUBBLER SWIM LESSONS

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

Y Waves

Swimmer will discover their love of the swimming, while having fun and making friends. This program designed to introduce the fundamental skills of competitive swimming in a fun and engaging environment. The objective of this program is to help swimmers to improve in each of the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly) and to teach them the basics of competitive swimming (racing dives, flip turns, etc.)

Jr. Lifeguard

The Junior Lifeguard Club is an aquatic skill development based on personal-best achievement. Members work to develop and improve swimming and other aquatic skills with emphasis on swimming technique, lifesaving skills, lifesaving knowledge, leadership and teamwork, First Aid education, competition, and personal fitness.

ADULT LEARN TO SWIM COURSE

In a group setting, certified YMCA Swim instructors tailor individualized plans for each participant.

ADULT SWIM CORRECTION COURSE

This session is great for adult swimmers looking to improve technique or learn a new stroke or to become more efficient in the water to make your swimming a little easier, increase your speed for faster times or to prevent injuries that may occur due to poor technique.