



**YMCA Northumberland  
Campbellford**  
50 Seymour Quarry Road  
Campbellford, ON

# AQUATIC SCHEDULE

January 6 - March 9, 2025

## Lane Pool (25M / 4 Lanes)

**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)

**ABILITY SWIM PROGRAM:** For participants with all physical, sensory, and intellectual abilities, providing a relaxed space to build confidence, explore, and have fun. Caregivers and support persons are encouraged to join and assist as needed.

**ADULT THERAPEUTIC SWIM:** For adults (16+) recovering from injury and pain relief. Pool helps support recovery, improve mobility, and boost overall health. Self led swim/No instructor.

## CAMPBELLFORD FACILITY HOURS

**Monday - Friday** 6:00am-9:00pm  
**Saturday** 7:00am-8:00pm  
**Sunday** 7:00am-5:00pm

### HOLIDAY HOURS

**Mon. Feb. 17** 7:00am-5:00pm  
Lane Swim: 7:00am-11:00am  
Open Swim: 11:00am - 5:00pm  
*No classes on holidays.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM - 8:15AM Lane Swim	6:00AM - 8:15AM Lane Swim	6:00AM - 8:15AM Lane Swim	6:00AM - 8:15AM Lane Swim	6:00AM - 8:15AM Lane Swim	7:00AM - 9:00AM Lane Swim	7:00AM - 11:00AM Lane Swim
8:30AM - 9:15AM AquaFit	8:30AM - 9:15AM AquaFit	8:30AM - 9:15AM AquaFit	8:30AM - 9:15AM AquaFit	8:30AM - 9:15AM AquaFit	9:00AM - 1:00PM Swim Lessons	11:00AM - 4:45PM Open Swim**
10:30AM - 12:00PM Lane Swim	10:30AM - 12:00PM Lane Swim	10:30AM - 12:00PM Lane Swim	10:30AM - 12:00PM Lane Swim	10:30AM - 12:00PM Lane Swim	1:00PM - 7:45PM Open Swim**	
1:00PM - 5:00PM Open Swim	1:00PM - 4:15PM Open Swim	1:00PM - 5:00PM Open Swim	1:00PM - 4:15PM Open Swim	1:00PM - 5:00PM Open Swim		
5:00PM - 5:45PM AquaFit	4:15PM - 8:00PM Swim Lessons	5:00PM - 5:45PM AquaFit	4:15PM - 8:00PM Swim Lessons	5:00PM - 5:45PM Water Bootcamp		
5:45PM - 8:45PM Open Swim**	8:00PM - 8:45PM Lane Swim	5:45PM - 8:45PM Open Swim**	8:00PM - 8:45PM Lane Swim	6:00PM - 8:45PM Open Swim**		



*Schedules subject to change.*

## Therapy Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30AM - 10:15AM Gentle AquaFit	9:30AM - 10:15AM Aqua Yoga	9:30AM - 10:15AM Gentle AquaFit	9:30AM - 10:15AM Gentle AquaFit	9:30AM - 10:15AM Gentle AquaFit	9:00AM - 1:00PM Swim Lessons	9:00AM - 11:00AM Ability Swim Program
	10:45AM - 11:45AM Adult Therapeutic Swim		10:45AM - 11:45AM Adult Therapeutic Swim			11:00AM - 4:45PM Open Swim
12:00PM - 1:00PM Parent & Tot Swim	12:00PM - 1:00PM Parent & Tot Swim	12:00PM - 1:00PM Parent & Tot Swim	12:00PM - 1:00PM Parent & Tot Swim	12:00PM - 1:00PM Parent & Tot Swim	1:00PM - 7:45PM Open Swim**	
3:30PM - 5:00PM Open Swim	3:30PM - 4:15PM Open Swim	3:30PM - 5:00PM Open Swim	3:30PM - 4:15PM Open Swim			
5:45PM - 8:45PM Open Swim	4:15PM - 8:00PM Swim Lessons	5:45PM - 8:45PM Open Swim	4:15PM - 8:00PM Swim Lessons	6:00PM - 8:45PM Open Swim		
	8:00PM - 8:45PM Open Swim		8:00PM - 8:45PM Open Swim			

Scan QR Code for details  
& class descriptions

