



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

AQUATIC SCHEDULE

January 6 - March 9, 2025

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.

COBOURG POOL FACILITY HOURS

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

FACILITY HOURS

Mon. Feb. 17 7:00am-5:00pm
No classes on holidays.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

5:00AM - 8:15AM
Lane Swim

5:00AM - 6:15AM
Lane Swim

5:00AM - 8:15AM
Lane Swim

5:00AM - 6:15AM
Lane Swim

5:00AM - 8:45AM
Lane Swim

6:30AM - 7:15AM
Water Power Fitness

7:00AM - 9:00AM
Lane Swim

6:30AM - 7:15AM
Water Power Fitness

6:30AM - 7:15AM
Water Power Fitness

7:15AM - 8:45AM
Lane Swim

9:00AM - 9:45AM
AquaFit

7:30AM - 8:45AM
Lane Swim

8:30AM - 9:15AM
AquaFit

7:15AM - 8:45AM
Lane Swim

8:30AM - 9:15AM
AquaFit

9:00AM - 9:45AM
AquaFit

10:00AM - 1:00PM
Pool Share**(Parent & Tot)

9:00AM - 9:45AM
Sensory Swim

9:30AM - 10:15AM
AquaFit

9:00AM - 9:45AM
AquaFit

9:30AM - 10:15AM
AquaFit

10:00AM - 1:00PM
Pool Share**(Parent & Tot)

9:00AM - 1:00PM
Swim Lessons

10:00AM - 1:00PM
Swim Lessons***

10:30AM - 11:15AM
Lane Swim

10:00AM - 1:00PM
Pool Share** (Parent & Tot)

10:30AM - 11:15AM
Lane Swim

1:00PM - 4:15PM
Open Swim**

1:00PM - 8:00PM
Open Swim**

11:15AM - 12:00PM
Pool Share**(Baby WBC)

12:00PM - 1:00PM
Lane Swim

1:00PM - 1:45PM
AquaFit

12:00PM - 1:00PM
Lane 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**

1:00PM - 5:00PM
Open Swim**

4:30PM - 8:00PM
Swim Lessons

4:30PM - 8:00PM
Swim Lessons

4:30PM - 8:00PM
Swim Lessons

8:00PM - 9:15PM
Lane Swim

8:00PM - 9:15PM
Underwater Hockey

8:00PM - 9:15PM
Lane Swim

8:00PM - 9:15PM
Lane Swim

8:00PM - 9:15PM
Underwater Hockey

Schedules subject to change.