



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

# AQUATIC SCHEDULE

**March 17 - May 30, 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)

ABILITY SWIM PROGRAM: A relaxed fun space to build confidence and explore for those with all physical, sensory & intellectual abilities. Caregivers and support persons are encouraged to join and assist as needed.

ADULT THERAPY 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.

**Facility Hours CAMPBELLFORD**

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

**Holiday Hours**

**Friday, April 18 7:00am - 5:00pm**  
**Monday, May 19 7:00am - 5:00pm**

**\*\*No Classes on Holidays**

Coming soon in April.

**LANE POOL  
(25M / 4 LANES)**

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 - 8:45am 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	11:15am - 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	1:15pm - 7:45pm Open Swim**	
	1:15pm - 2:00pm AquaFit		1:15pm - 2:00pm AquaFit	1:00pm - 5:00pm Open Swim		
2:15pm - 4:45pm Open Swim	2:15pm - 4:15pm Open Swim	1:00pm - 5:15pm Open Swim	2:15pm - 4:15pm Open Swim	5:00pm - 5:45pm Water Bootcamp		
5:30pm - 6:15pm AquaFit	4:15pm - 8:00pm Swim Lessons	5:30pm - 6:15pm AquaFit	4:15pm - 8:00pm Swim Lessons	6:00pm - 8:45pm Open Swim**		
6:30pm - 8:45pm Open Swim**	8:00pm - 8:45pm Lane Swim	6:30pm - 8:45pm Open Swim**	8:00pm - 8:45pm Open Swim			

To ensure safety and comfort, please note regarding **Gentle AquaFit** & **Aqua Yoga**:

- Limited to 35 participants
- Use of buoyancy equipment such as noodles and paddles, as well as deck space, will be managed accordingly.
- Tokens for class entry are available 30 minutes prior to each class & must be presented to participate.
- Drop-in participants are welcome if space permits, on a first-come, first-served basis.

*Schedules subject to change.*

**THERAPY  
POOL**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 8:15am Open Swim (coming soon)	6:00am - 8:15am Open Swim (coming soon)	6:00am - 8:15am Open Swim (coming soon)	6:00am - 8:15am Open Swim (coming soon)	6:00am - 8:15am Open Swim (coming soon)	9:00am - 1:00pm Swim Lessons	9:00am - 11:00am Ability Swim Program
9:30am - 10:15am Gentle AquaFit	9:30am - 10:15am Aqua Yoga	9:30am - 10:15am Gentle AquaFit	9:30am - 10:15am Aqua Yoga	9:30am - 10:15am Gentle AquaFit		11:00am - 4:45pm Open Swim
	10:45AM - 11:45AM Adult Therapy Swim		10:45AM - 11:45AM Adult Therapy Swim		1:00pm - 7:45pm 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		
1:15pm - 2:00pm Baby Water Bootcamp	1:00pm - 4:15pm Open Swim (coming soon)	1:15pm - 2:00pm Gentle AquaFit	1:00pm - 4:15pm Open Swim (coming soon)	1:15pm - 2:00pm Gentle AquaFit		
3:30pm - 5:15pm Open Swim	4:15pm - 8:00pm Swim Lessons	3:30pm - 5:15pm Open Swim	4:15pm - 8:00pm Swim Lessons	3:30pm - 4:45pm Open Swim		
6:30pm - 8:45pm Open Swim	8:00pm - 8:45pm Open Swim	6:30pm - 8:45pm Open Swim	8:00pm - 8:45pm Open Swim	5:45pm - 8:45pm Open Swim		

Scan QR Code for details & descriptions



**SUNNY LIFE** RECREATION & WELLNESS CENTRE