YMCA Northumberland Campbellford

Shine On

50 Seymour Quarry Road
Campbellford, ON

MARCH BREAK POOL SCHEDULE

Mon. March 10 - Sun. March 16, 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: 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

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 - 11:00am 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	11:00am - 7:45pm Open Swim	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		
12:00pm - 2:00pm Open Swim	12:00pm - 2:00pm Open Swim	12:00pm - 2:00pm Open Swim	12:00pm - 2:00pm Open Swim	12:00pm - 2:00pm Open Swim		
2:00pm - 3:00pm Lane swim	2:00pm - 3:00pm Lane swim	2:00pm - 3:00pm Lane swim	2:00pm - 3:00pm Lane swim	2:00pm - 3:00pm Lane swim		
3:00pm - 5:00pm Open Swim	3:00pm - 4:15pm Open Swim	3:00pm - 5:00pm Open swim	3:00pm - 4:15pm Open Swim	3:00pm - 5:00pm Open swim		
5:00pm - 5:45pm AquaFit	5:00pm - 6:00pm Lane Swim	5:00pm - 5:45pm AquaFit	5:00pm - 6:00pm Lane Swim	5:00pm - 5:45pm Water Bootcamp		
6:00pm - 8:45pm Open Swim	6:00pm - 8:45pm Open Swim	6:00pm - 8:45pm Open Swim	6:00pm - 8:45pm Open Swim	6:00pm - 8:45pm Open Swim		

SUNNY LIFE | RECREATION & WELLNESS CENTRE

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 Aqua Yoga	9:30am - 10:15am Gentle AquaFit		9:00am - 11:00am Ability Swim Program
12:00pm - 2:00pm Open Swim	10:45am - 11:45am Adult Therapy Swim		10:45am - 11:45am Adult Therapy Swim		1:00pm - 7:45pm Open Swim	11:00am - 4:45pm Open Swim
3:00pm - 5:00pm Open Swim	3:00pm - 5:00pm Open Swim	3:00pm - 5:00pm Open Swim	3:00pm - 5:00pm Open Swim	3:00pm - 5:00pm Open Swim		
6:00pm - 8:45pm Open Swim	6:00pm - 8:45pm Open Swim	6:00pm - 8:45pm Open Swim	6:00pm - 8:45pm Open Swim	6:00pm - 8:45pm Open Swim		