



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

# AQUATIC SCHEDULE

**March 17 - May 31, 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, Swim w/Dad 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.

**Facility Hours**

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

**Holiday Hours**

**Friday, April 18** 7:00am - 5:00pm  
**Monday, May 19** 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 - 6:15AM Lane Swim			
	6:30AM - 7:15AM Water Power Fitness	5:00AM - 8:15AM Lane Swim	6:30AM - 7:15AM Water Power Fitness	5:00AM - 8:15AM Lane Swim	6:30AM - 7:15AM Water Power Fitness	7:00AM - 9:00AM Lane Swim
8:30AM - 9:15AM AquaFit	7:15AM - 8:45AM Lane Swim	8:30AM - 9:15AM AquaFit	7:15AM - 8:45AM Lane Swim	9:00AM - 9:45AM AquaFit	7:30AM - 8:45AM Lane Swim	9:00AM - 9:45AM Sensory Swim
9:30AM - 10:15AM AquaFit	9:00AM - 9:45AM AquaFit	9:30AM - 10:15AM AquaFit	9:00AM - 9:45AM AquaFit	9:00AM - 9:45AM AquaFit		9:00AM - 9:45AM Sensory Swim
10:30AM - 11:15AM Lane Swim	10:00AM - 1:00PM Pool Share** (Parent & Tot)	10:30AM - 11:15AM Lane Swim	10:00AM - 1:00PM Pool Share**(Parent & Tot)	10:00AM - 1:00PM Pool Share**(Parent & Tot)	9:00AM - 1:00PM Swim Lessons	10:00AM - 1:00PM Swim Lessons***
11:15AM - 12:00PM Pool Share**(Baby WBC)		11:15AM - 12:00PM Pool Share**(Baby WBC)	1:00PM - 4:15PM Open Swim**	1:00PM - 4:30PM Open Swim**		
12:00PM - 1:00PM Lane Swim	1:00PM - 1:45PM AquaFit	12:00PM - 1:00PM Lane Swim		4:30PM - 5:30PM Pool Share**(Swim w/Dad)		1:00PM - 6:00PM Open Swim**
1:00PM - 8:00PM Open Swim**	2:00PM - 4:15PM Open Swim**	1:00PM - 4:15PM Open Swim**		4:30PM - 8:00PM Open Swim**	1:00PM - 7:00PM Open Swim**	
	4:30PM - 8:00PM Swim Lessons	4:30PM - 8:00PM Swim Lessons	4:30PM - 8:00PM Swim Lessons			
8:00PM - 9:15PM Underwater Hockey	8:00PM - 9:15PM Lane Swim	8:00PM - 9:15PM Lane Swim	8:00PM - 9:15PM Underwater Hockey	8:00PM - 9:15PM Lane Swim		

*Schedules subject to change.*