

AQUATIC SCHEDULE

June 1 - June 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)

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.

COBOURG FACILITY HOURS

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

****No Classes on Holidays**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

5:15AM - 8:15AM
Lane Swim

8:30AM - 9:15AM
AquaFit

9:30AM - 10:15AM
AquaFit

10:30AM - 11:15AM
Lane Swim

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

12:00PM - 1:00PM
Lane Swim

1:00PM - 7:45PM
Open Swim**

8:00PM - 9:15PM
Underwater Hockey

5:15AM - 6:20AM
Lane Swim

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

7:15AM - 8:45AM
Lane Swim

9:00AM - 9:45AM
AquaFit

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

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

4:30PM - 6:30PM
Swim Workshops

6:45PM - 8:00PM
Open Swim

8:00PM - 9:15PM
Lane Swim

5:15AM - 8:15AM
Lane Swim

8:30AM - 9:15AM
AquaFit

9:30AM - 10:15AM
AquaFit

10:30AM - 11:15AM
Lane Swim

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

12:00PM - 1:00PM
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1:00PM - 4:15PM
Open Swim**

4:30PM - 6:30PM
Swim Workshops

6:45PM - 8:00PM
Open Swim

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Lane Swim

5:15AM - 6:20AM
Lane Swim

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

7:15AM - 8:45AM
Lane Swim

9:00AM - 9:45AM
AquaFit

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

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

4:30PM - 6:30PM
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Open Swim

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8:00PM - 9:15PM
Lane Swim

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

7:30AM - 9:45AM
Lane Swim

10:00AM - 12:00PM
Swim Workshops

12:00PM - 7:00PM
Open Swim**

7:00AM - 11:00AM
Lane Swim

11:00AM - 5:00PM
Open Swim**

Schedules subject to change.