

YMCA Northumberland **Cobourg** 

339 Elgin Street West Cobourg, ON

## AQUATIC SCHEDULE

**June 30 - September 1, 2025** 

Schedules subject to change.

**Underwater Hockey** 

**Lane Swim** 

Lane Swim

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, Junior Camp 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 6:30AM - 7:00PM Sunday 7:00AM - 5:00PM

**COBOURG POOL** 

**Holiday Hours** 

July 1 August 4 September 1 7:00AM - 5:00PM No Classes on Holidays \*No AquaFit on July 2

on July 2 from 9am - 10am

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15AM - 6:15AM Lane Swim		5:15AM - 6:15AM Lane Swim			
5:15AM - 9:15AM Lane Swim	6:30AM - 7:15AM Water Power Fitness	5:15AM - 9:15AM Lane Swim	6:30AM - 7:15AM Water Power Fitness	5:15AM - 10:15AM Lane Swim	6:30AM - 7:15AM Water Power Fitness	
	7:15AM - 8:15AM Lane Swim		7:15AM - 8:15AM Lane Swim		7:30AM - 11:00AM Lane Swim	7:00AM - 11:00AM Lane Swim
	8:30AM - 9:15AM AquaFit		8:30AM - 9:15AM AquaFit			
9:30AM - 10:15AM AquaFit	9:30AM - 10:30AM Lane Swim	9:30AM - 10:15AM AquaFit	9:30AM - 10:30AM Lane Swim			
10:30AM - 11:15AM Pool Share**	10:30AM - 11:15AM Pool Share**	10:30AM - 11:15AM Pool Share**	10:30AM - 11:15AM Pool Share**	10:30AM - 11:15AM Pool Share**	11:00AM - 7:00PM Open Swim**	11:00AM - 5:00PM Open Swim**
10:30AM - 12:45PM Camp Swim	10:30AM - 12:45PM Camp Swim	10:30AM - 12:45PM Camp Swim	10:30AM - 12:45PM Camp Swim	10:30AM - 12:45PM Camp Swim		
1:00PM - 2:30PM Open Swim**	1:00PM - 2:30PM Open Swim**	1:00PM - 2:30PM Open Swim**	1:00PM - 2:30PM Open Swim**	1:00PM - 2:30PM Open Swim**		
2:30PM - 3:30PM Camp Swim	2:30PM - 3:30PM Camp Swim	2:30PM - 3:30PM Camp Swim	2:30PM - 3:30PM Camp Swim	2:30PM - 3:30PM Camp Swim		
3:45PM - 7:45PM Open Swim**	3:45PM - 7:45PM Open Swim**	3:45PM - 5:00PM Open Swim**	3:45PM - 7:45PM Open Swim**	3:45PM - 7:45PM Open Swim**		
		5:00PM - 8:00PM Swim Lessons				
8:00PM - 9:15PM	8:00PM - 9:15PM	8:00PM - 9:15PM	8:00PM - 9:15PM	8:00PM - 9:15PM	*Join us for the Centennial Pool Summer Kick-off Aquafit Event	

**Underwater Hockey** 

**Lane Swim**