



YMCA Northumberland
Campbellford
50 Seymour Quarry Road
Campbellford, ON

CAMPBELLFORD POOL

AQUATIC SCHEDULE

September 1 - October 31, 2025

Lane Pool (25M / 4 Lanes)

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 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

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

Holiday Hours (No Classes)

SEPTEMBER 1	Lane Swim	7:00AM - 11:00AM
OCTOBER 13	Open Swim**	11:00AM - 5:00PM

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 - 9:00AM
Lane Swim

7:00AM - 9:00AM
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

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**

11:00AM - 4:45PM
Open Swim**

1:00PM - 5:15PM
Open Swim**

1:15PM - 2:00PM
AquaFit

1:00PM - 5:15PM
Open Swim**

1:15PM - 2:00PM
AquaFit

1:00PM - 4:45PM
Open Swim**

5:30PM - 6:15PM
AquaFit

2:15PM - 4:15PM
Open Swim**

5:30PM - 6:15PM
AquaFit

2:15PM - 4:15PM
Open Swim**

5:00PM - 5:45PM
Water Bootcamp

6:30PM - 8:45PM
Open Swim**

8:15PM - 8:45PM
Open Swim**

6:30PM - 8:45PM
Open Swim**

8:15PM - 8:45PM
Open Swim**

6:00PM - 8:45PM
Open Swim**



Therapy Pool

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

7:00AM - 8:15AM
Open Swim**

7:00AM - 8:15AM
Open Swim**

7:00AM - 8:15AM
Open Swim**

7:00AM - 8:15AM
Open Swim**

7:00AM - 8:15AM
Open Swim**

Schedules subject to change.

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
AquaYoga

8:00AM - 9:00AM
Ability Swim

10:30AM - 12:00PM
Adult Therapy

10:30AM - 12:00PM
Adult Therapy

10:30AM - 12:00PM
Adult Therapy

10:30AM - 12:00PM
Adult Therapy

10:30AM - 12:00PM
Adult Therapy

1:15PM - 7:45PM
Open Swim**

11:00AM - 4:45PM
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 Bootcamp

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

1:15PM - 2:00PM
Gentle AquaFit

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

1:15PM - 2:00PM
Gentle AquaFit

2:15PM - 8:45PM
Open Swim**

8:15PM - 8:45PM
Open Swim**

2:15PM - 8:45PM
Open Swim**

8:15PM - 8:45PM
Open Swim**

2:15PM - 8:45PM
Open Swim**



Scan QR Code for
details & class
descriptions

Please Note Additional Swim Lesson & Camp Swim Session Pool Times:

- EVENING Swim Lessons (Tuesdays & Thursdays): In both pools from 4:30 PM to 8:00 PM
- MORNING Swim Lessons (Saturdays): In the both pools from 9:00 AM to 1:00 PM
- MORNING Swim Lessons (Sundays): In the both pools from 9:00 AM to 11:00 AM

For Bronze Cross/First Aid and Lifeguard Training, please see our webpage: <https://ymcanrt.org/activities/first-aid/>