



YMCA Northumberland
Campbellford
50 Seymour Quarry Road
Campbellford, ON

SUNNY LIFE RECREATION & WELLNESS CENTRE

CAMPBELLFORD

Rates (7 Weeks)

30 Minute Group Class
\$73.60

Private 30 Minute Class
\$126.56
(rate for 1 student/1 instructor)

45 Minute Group Class
\$81.40

Semi Private 30 Minute Class
\$185.65
(rate for 2 students/1 instructor)

Adult Swim Courses
Non Member: \$108.60
Member: No Cost

1 Group Class is included with each membership.

SWIMMING LESSON SCHEDULE

November 3 - December 21, 2025

All lessons required Registration.
Registration opens **October 20, 2025**
Schedules subject to change.

Level	Tuesday	Thursday	Saturday	Sunday
Splasher/Bubbler	5:00pm - 5:30pm	5:30pm - 6:00pm	11:00am - 11:30am	
Bobber	4:30pm - 5:00pm 5:30pm - 6:00pm 6:00pm - 6:30pm	4:30pm - 5:00pm 5:00pm - 5:30pm 5:30pm - 6:00pm	9:00am - 9:30am 10:00am - 10:30am 11:00am - 11:30am 11:30am - 12:00pm	
Floater	4:30pm - 5:00pm 5:00pm - 5:30pm 6:00pm - 6:30pm	4:30pm - 5:00pm 6:00pm - 6:30pm 6:30pm - 7:00pm	9:00am - 9:30am 10:30am - 11:00am 12:00pm - 12:30pm	
Glider/Diver	5:30pm - 6:00pm 6:30pm - 7:00pm	5:00pm - 5:30pm	10:00am - 10:30am 12:00pm - 12:30pm	
Surfer/Jumper	7:00pm - 7:30pm	6:00pm - 6:30pm	9:30am - 10:00am	
Otter	4:30pm - 5:00pm 5:00pm - 5:30pm 7:00pm - 7:30pm	5:00pm - 5:30pm 6:30pm - 7:00pm 7:00pm - 7:30pm	9:30am - 10:00am 11:00am - 11:30am 11:30am - 12:00pm 12:30pm - 1:00pm	
Seal	4:30pm - 5:00pm 5:30pm - 6:00pm	4:30pm - 5:00pm 5:30pm - 6:00pm	9:00am - 9:30am 10:30am - 11:00am 12:00pm - 12:30pm	
Dolphin	5:00pm - 5:30pm 6:00pm - 6:30pm	5:00pm - 5:30pm 6:00pm - 6:30pm	9:30am - 10:00am 10:30am - 11:00am 11:00am - 11:30am	
Swimmer	6:30pm - 7:00pm 7:30pm - 8:00pm	4:30pm - 5:00pm 7:00pm - 7:30pm	10:00am - 10:30am 10:30am - 11:00am	
Star 1/2	5:30pm - 6:15pm	5:30pm - 6:15pm	9:00am - 9:45am 11:30am - 12:15pm	
Star 3/4	6:15pm - 7:00pm	6:15pm - 7:00pm	9:45am - 10:30am	
Star 5/6		7:00pm - 7:45pm	12:15pm - 1:00pm	
Private/Semi	6:30pm - 7:00pm 7:00pm - 7:30pm 7:30pm - 8:00pm	6:30pm - 7:00pm 7:30pm - 8:00pm	11:30am - 12:00pm 12:30pm - 1:00pm	9:00am - 9:30am 9:30am - 10:00am 10:00am - 10:30am 10:30am - 11:00am
Adult Learn to Swim	7:00pm - 8:00pm			
Adult Stroke Correction		7:00pm - 8:00pm		

**Leadership Courses
Running this Fall:**

**BECOME A
LIFEGUARD!**

National
Life Guard Course
Nov. 9, 16, 23, 30, Dec. 7
& 14
9am - 3:30pm
\$382

**Learn more at
Membership
Services
905-372-0161**

SPLASHER/BUBBLER SWIM LESSONS

Parents/guardians will be required to be in the water to assist their child for this level of lessons.

ADULT LEARN TO SWIM COURSE

An adult class for beginners who are learning to swim. The class will focus on the basics of floats, glides, breath control and surface support.

ADULT STROKE CORRECTION COURSE

For those who are looking to improve current strokes or learn new strokes. Participants need to know how to swim at least one stroke (ie. front crawl, back crawl, breaststroke) and be able to swim at least 25 metres comfortably.