



YMCA Northumberland
Campbellford

50 Seymour Quarry Road
Campbellford, ON

Shine On

AQUATIC SCHEDULE

January 5 - March 15, 2026

Lane Pool (25M / 4 Lanes)

CAMPBELLFORD POOL

Facility Hours

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

Holiday Hours (No Classes)

Monday, Feb. 16 7:00AM - 5:00PM

Schedules subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM - 8:15AM Lane Swim	7:00AM - 8:45AM Lane Swim	7:00AM - 8:45AM Lane Swim				
8:30AM - 9:15AM AquaFit						
10:30AM - 12:00PM Lane 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**	1:15PM - 7:45PM Open Swim**	11:15AM - 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

SUNNY LIFE RECREATION & WELLNESS CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM - 8:15AM Open Swim**	7:00AM - 8:15AM Open Swim**					
9:30AM - 10:15AM Gentle AquaFit	9:30AM - 10:15AM AquaYoga		8:00AM - 8:45AM Ability Swim			
10:30AM - 12:00PM Adult Therapy	10:30AM - 12:00PM Adult Therapy		11:15AM - 4:45PM Open Swim**			
12:00PM - 1:00PM Parent & Tot Swim	12:15PM - 1:00PM Baby Bootcamp	1:15PM - 7:45PM Open Swim**				
1:15PM - 2:00PM Baby Bootcamp	1:00PM - 4:15PM Open Swim**	1:15PM - 2:00PM Gentle AquaFit	1:00PM - 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

