YMCA Northumberland
Campbellford

Shine On

50 Seymour Quarry Road
Campbellford, ON

MARCH BREAK POOL SCHEDULE
March 13 - March 22, 2026

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 THERAPEUTIC 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.

CAMPBELLFORD
Facility Hours

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

Lane Pool (25M / 4 Lanes)

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 - 8:45AM Lane Swim	7:00AM - 8:45AM 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	9:00AM - 7:45PM Open Swim	9:00AM - 4:45PM Open Swim
10:30AM - 11:30AM Camp Swim	10:30AM - 11:30AM Camp Swim	10:30AM - 11:30AM Camp Swim	10:30AM - 11:30AM Camp Swim	10:30AM - 11:30AM Camp Swim		
11:45AM - 1:00PM Lane Swim	11:45AM - 1:00PM Lane Swim	11:45AM - 1:00PM Lane Swim	11:45AM - 1:00PM Lane Swim	11:45AM - 1:00PM 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		
5:30PM - 6:15PM AquaFit	2:15PM - 8:45PM Open Swim	5:30PM - 6:15PM AquaFit	2:15PM - 8:45PM Open Swim	5:00PM - 5:45PM Water Bootcamp		
6:30PM - 8:45PM Open Swim		6:30PM - 8:45PM Open Swim		6:00PM - 8:45PM Open Swim		

SUNNY LIFE | RECREATION & WELLNESS CENTRE

Schedules subject to change.

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		
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 Gentle AquaFit	9:00AM - 7:45PM Open Swim	8:00AM - 8:45AM Ability Swim Program
10:30AM - 11:30AM Camp Swim	10:30AM - 11:30AM Camp Swim	10:30AM - 11:30AM Camp Swim	10:30AM - 11:30AM Camp Swim	10:30AM - 11:30AM Camp Swim		9:00AM - 4:45PM Open Swim
11:45AM - 1:00PM Adult Therapy Swim	11:45AM - 1:00PM Adult Therapy Swim	11:45AM - 1:00PM Adult Therapy Swim	11:45AM - 1:00PM Adult Therapy Swim	11:45AM - 1:00PM Adult Therapy Swim		
1:15PM - 2:00PM Baby Water Bootcamp	1:15PM - 2:00PM Parent & Tot Swim	1:15PM - 2:00PM Gentle AquaFit	1:15PM - 2:00PM Gentle AquaFit	1:15PM - 2:00PM Parent & Tot Swim		
2:15PM - 8:45PM Open Swim	2:15PM - 8:45PM Open Swim	2:15PM - 8:45PM Open Swim	2:15PM - 8:45PM Open Swim	2:15PM - 8:45PM Open Swim		