



**YMCA Northumberland
Cobourg**
339 Elgin Street West
Cobourg, ON

AQUATIC SCHEDULE

March 23 - June 14, 2026

COBOURG POOL

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, Swim Team 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.

AQUA CLASSES / WATER POWER FITNESS: Please refer to our Group Fitness Schedule for descriptions.

Facility Hours

Monday-Friday 5:00AM - 9:30PM
Saturday 6:00AM - 7:00PM
Sunday 7:00AM - 6:00PM

Holiday Hours (No Classes)

Friday, April 3 7:00AM - 5:00PM
Monday, May 18

For Group Class Descriptions
please see our Group Fitness
webpage here:



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM - 8:15AM Lane Swim	5:15AM - 6:15AM Lane Swim	5:15AM - 8:15AM Lane Swim	5:15AM - 6:15AM Lane Swim	5:15AM - 8:45AM Lane Swim	<i>Schedules subject to change.</i>	
8:30AM - 9:15AM AquaFit	6:30AM - 7:15AM Water Power Fitness	8:30AM - 9:15AM AquaFit	6:30AM - 7:15AM Water Power Fitness	6:30AM - 7:15AM Water Power Fitness		
9:30AM - 10:15AM AquaFit	7:30AM - 8:45AM Lane Swim	9:30AM - 10:15AM Aqua Bootcamp	7:30AM - 8:45AM Lane Swim	9:00AM - 9:45AM AquaFit	7:30AM - 8:45AM Lane Swim	7:00AM - 9:00AM Lane Swim
10:30AM - 1:00PM Lane Swim	9:00AM - 9:45AM AquaFit	10:30AM - 1:00PM Lane Swim	9:00AM - 9:45AM AquaFit	10:00AM - 1:00PM Pool Share*** (Parent /Tot)	9:00AM - 1:15PM Swim Lessons	9:00AM - 9:45AM Sensory Swim
11:15AM - 12:00PM Pool Share** (Baby WBC)	10:00AM - 1:00PM Pool Share*** (Parent/Tot)	11:15AM - 12:00PM Pool Share** (Baby WBC)	10:00AM - 1:00PM Pool Share*** (Parent/Tot)	1:00PM - 5:30PM Open Swim**		10:00AM - 1:00PM Pool Share** (Swim Lessons)
1:00PM - 7:45PM Open Swim**	1:00PM - 1:45PM AquaFit	1:00PM - 4:15PM Open Swim**	1:00PM - 4:15PM Open Swim**	1:30PM - 6:45PM Open Swim**	1:00PM - 5:45PM Open Swim**	
5:45PM - 6:15PM Aqua HIIT 30 (Pool Share**)	2:00PM - 4:15PM Open Swim**	4:30PM - 8:00PM Swim Lessons	4:30PM - 8:00PM Swim Lessons	5:45PM - 6:30PM Aqua Fit		
6:30PM - 8:00PM Open Swim**	4:30PM - 8:00PM Swim Lessons	4:30PM - 8:00PM Swim Lessons	4:30PM - 8:00PM Swim Lessons	6:45PM - 8:00PM Open Swim**		
8:00PM - 9:15PM Underwater Hockey	8:00PM - 9:15PM Lane Swim	8:00PM - 9:15PM Lane Swim	8:00PM - 9:15PM Underwater Hockey	8:00PM - 9:15PM Lane Swim		

NOTE: The Swim to Survive Program
runs during May. Please check for
schedule updates as changes may be
made to accommodate the program.