



Shine On

YMCA Northumberland

**Campbellford**

50 Seymour Quarry Road  
Campbellford, ON



Scan QR Code for details  
& class descriptions

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 those with all physical, sensory, and intellectual abilities, 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)**

**Wed., July 1** 7:00AM - 5:00PM

# AQUATIC SCHEDULE

June 15 - June 28, 2026

**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		
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	9:00AM - 7:45PM Open Swim**	9:00AM - 4:45PM Open Swim**
1:00PM - 8:45PM Open Swim**	1:00PM - 4:15PM Open Swim**	1:00PM - 5:15PM Open Swim**	1:00PM - 4:15PM Open Swim**	1:00PM - 4:45PM Open Swim**		
	4:30PM - 7:00PM Swim Workshops	5:30PM - 6:15PM AquaFit	4:30PM - 7:00PM Swim Workshops	5:00PM - 5:45PM Water Bootcamp		
	7:00PM - 8:45PM Open Swim**	6:30PM - 8:45PM Open Swim**	7:00PM - 8:45PM Open Swim**	6:00PM - 8:45PM Open Swim**		



Schedules are 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**		8:00AM - 8:45AM Ability 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 AquaYoga	9:00AM - 12:45PM Open Swim**	9:00AM - 10:45AM Open 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	1:00PM - 2:00PM Birthday Party Time Slot <i>If no party scheduled, Open Swim starts 1:15pm</i>	11:00AM - 12:00PM Birthday Party Time Slot <i>If no party scheduled, Open Swim starts 11:15am</i>
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	12:15PM - 1:00PM Baby Bootcamp		
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	2:00PM - 7:45PM Open Swim**	12:00PM - 4:45PM Open Swim**
2:15PM - 8:45PM Open Swim**	4:30PM - 7:00PM Swim Workshops	2:15PM - 8:45PM Open Swim**	4:30PM - 7:00PM Swim Workshops	2:15PM - 8:45PM Open Swim**		
	7:00PM - 8:45PM Open Swim**		7:00PM - 8:45PM Open Swim**			

### Aquatic Leadership Courses

Scan for details about Bronze Cross & NLS Courses being offered :

