



YMCA Northumberland
Centennial Pool, Cobourg
 42 Charles Street, Cobourg ON
 905.373.4453

AQUATIC SCHEDULE

June 15 - June 28, 2026

Day Pass Rate	
Family/Group	\$15.50
Adult (15 yrs+)	\$7.25
Youth (under 15yrs)	\$5.25
AquaFit Drop-in	\$10.50

Facility Hours

Mon | Wed | Fri **9:00am - 12:30pm**
Sat | Sun **1:00pm - 4:00pm**

New schedule starts June 29 to September

**Children 9 and under must be supervised by a caregiver aged 16 years+.*

Monday	Wednesday	Friday	Saturday	Sunday
9:30AM - 10:15AM AquaFit	9:30AM - 10:15AM AquaFit	9:30AM - 10:15AM AquaFit	1:00PM - 4:00PM Open Swim**	1:00PM - 2:00PM Lane Swim
10:45AM - 12:30PM Lane Swim	10:45AM - 12:30PM Lane Swim	10:45AM - 12:30PM Lane Swim		2:00PM - 4:00PM Open Swim**

Schedules subject to change.

Please check social media or call Centennial Pool for updates at 905.373.4453.

Scan QR code to see schedule online



DESCRIPTIONS

AQUAFIT: An excellent low impact, calorie burning, full body workout that is gentle on the joints and great for participants recovering from injuries.

OPEN SWIM: Pool open for all patrons. (* refers to the number of lanes available for lane swimming)

LANE SWIM: Pool set up for Lane Swimming. (Ages 13+ who can swim 200m continuously)

CENTENNIAL POOL