



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

AQUATIC SCHEDULE

June 15 to June 28, 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 - 9:45AM Lane Swim	6:30AM - 7:15AM Water Power Fitness	7:00AM - 9:00AM Lane Swim
8:30AM - 9:15AM AquaFit	6:30AM - 7:15AM Water Power Fitness	8:30AM - 9:15AM AquaFit	6:30AM - 7:15AM Water Power Fitness		7:30AM - 12:00PM Lane Swim	9:00AM - 9:45AM Sensory Swim
9:30AM - 1:00PM Lane Swim	7:30AM - 8:45AM Lane Swim	9:30AM - 1:00PM Lane Swim	7:30AM - 8:45AM Lane Swim	10:00AM - 1:00PM Pool Share*** (Parent /Tot)	12:00PM - 6:45PM Open Swim**	10:00AM - 12:00PM Lane Swim
11:15AM - 12:00PM Pool Share** (Baby WBC)	9:00AM - 9:45AM AquaFit	11:15AM - 12:00PM Pool Share** (Baby WBC)	9:00AM - 9:45AM AquaFit			12:00PM - 5:45PM Open Swim**
1:00PM - 5:30PM Open Swim**	10:00AM - 1:00PM Pool Share*** (Parent/Tot)	1:00PM - 7:45PM Open Swim**	10:00AM - 1:00PM Pool Share*** (Parent/Tot)	1:00PM - 5:30PM Open Swim**		
5:45PM - 6:15PM Aqua HIIT 30 (Pool Share**)	1:00PM - 1:45PM AquaFit		1:00PM - 7:45PM Open Swim**			5:45PM - 6:30PM Aqua Fit
6:30PM - 8:00PM Open Swim**	2:00PM - 7:45PM Open Swim**			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		

Schedules subject to change.