



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

AQUATIC SCHEDULE

June 29 - September 7, 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.

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)

June 30 & July 1
August 4 7:00AM - 5:00PM
September 7

Schedules subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

5:15AM - 9:15AM
Lane Swim

5:15AM - 6:15AM
Lane Swim

6:30AM - 7:15AM
Water Power Fitness

7:15AM - 8:15AM
Lane Swim

8:30AM - 9:15AM
AquaFit

9:30AM - 10:15AM
AquaFit

9:30AM - 10:30AM
Lane Swim

10:30AM - 11:15AM
Pool Share**

10:30AM - 11:15AM
Pool Share**

10:30AM - 2:30PM
Camp Swim

10:30AM - 2:30PM
Camp Swim

2:45PM - 7:45PM
Open Swim**

2:45PM - 7:45PM
Open Swim**

8:00PM - 9:15PM
Underwater Hockey

8:00PM - 9:15PM
Lane Swim

5:15AM - 9:15AM
Lane Swim

9:30AM - 10:15AM
AquaFit

10:30AM - 11:15AM
Pool Share**

10:30AM - 2:30PM
Camp Swim

2:45PM - 4:15PM
Swim Lessons

4:30PM - 8:00PM
Swim Lessons

8:00PM - 9:15PM
Lane Swim

5:15AM - 6:15AM
Lane Swim

6:30AM - 7:15AM
Water Power Fitness

7:15AM - 8:15AM
Lane Swim

8:30AM - 9:15AM
AquaFit

9:30AM - 10:30AM
Lane Swim

10:30AM - 11:15AM
Pool Share**

10:30AM - 2:30PM
Camp Swim

2:45PM - 7:45PM
Open Swim**

8:00PM - 9:15PM
Underwater Hockey

5:15AM - 10:15AM
Lane Swim
*Outdoor classes will
be moved indoors if
weather is poor.
9:30AM - 10:15AM*

10:30AM - 11:15AM
Pool Share**

10:30AM - 2:30PM
Camp Swim

2:45PM - 7:45PM
Open Swim**

8:00PM - 9:15PM
Lane Swim

6:30AM - 7:15AM
Water Power Fitness

7:30AM - 11:00AM
Lane Swim

11:00AM - 6:45PM
Open Swim**

7:00AM - 11:00AM
Lane Swim

11:00PM - 4:45PM
Open Swim**

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

