



**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.*