

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 Camp Swim. Two lanes available

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)

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		5:15AM - 6:15AM Lane Swim			
	6:30AM - 7:15AM Water Power Fitness		6:30AM - 7:15AM Water Power Fitness		6:30AM - 7:15AM Water Power Fitness	
	7:15AM - 8:15AM Lane Swim	5:15AM - 9:15AM Lane Swim	7:15AM - 8:15AM Lane Swim	5:15AM - 10:15AM Lane Swim <i>Outdoor classes will be moved indoors if weather is poor.</i>	7:30AM - 11:00AM Lane Swim	7:00AM - 11:00AM Lane Swim
	8:30AM - 9:15AM AquaFit		8:30AM - 9:15AM AquaFit	9:30AM - 10:15AM AquaFit		
9:30AM - 10:15AM AquaFit	9:30AM - 10:30AM Lane Swim	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 - 11:15AM Pool Share**	10:30AM - 11:15AM Pool Share**	10:30AM - 11:15AM Pool Share**		
10:30AM - 2:30PM Camp Swim	10:30AM - 2:30PM Camp Swim	10:30AM - 2:30PM Camp Swim	10:30AM - 2:30PM Camp Swim	10:30AM - 2:30PM Camp Swim	11:00AM - 6:45PM Open Swim**	11:00PM - 4:45PM Open Swim**
2:45PM - 7:45PM Open Swim**	2:45PM - 7:45PM Open Swim**	2:45PM - 4:15PM Open Swim****	2:45PM - 7:45PM Open Swim**	2:45PM - 7:45PM Open Swim**		
		4:30PM - 8:00PM Swim Lessons				
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		

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

