



Shine On

Aquatics Schedule

CENTENNIAL POOL

September 8 - September 27, 2026

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

Day Pass Rate

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

Facility Hours

Tuesday	4:00 PM - 7:30 PM
Wednesday	7:00 AM - 10:00 AM & 4:00 PM - 7:30 PM
Thursday	4:00 PM - 7:30 PM
Saturday	9:00 AM - 4:00 PM
Sunday	12:30 PM - 4:00 PM

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

7:30 AM - 8:45 AM
Lane Swim

9:00 AM - 9:45 AM
AquaFit

4:30 PM - 7:00 PM
Open Swim

4:30 PM - 7:00 PM
Sept. 9 = Open Swim
Swim Lessons afterwards

4:30 PM - 7:00 PM
Sept. 10 = Open Swim
Swim Lessons afterwards

10:30 AM - 12:00 PM
Swim Lessons

1:00 PM - 3:30 PM
Open Swim

1:00 PM - 3:30 PM
Open Swim
Ends September 20

**Scan QR code to see
schedule online**



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

Schedules subject to change.

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.

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

SWIM LESSONS: Please refer to our Swim Lesson 3 Week Mini Sessions. Scan the QR Code here:



YMCA Northumberland

Centennial Pool
42 Charles Street, Cobourg ON