



Shine On

Aquatic Schedule

COBOURG YMCA

September 8 - October 11, 2026

Facility Hours

Monday-Friday 5:00 AM - 9:30 PM
Saturday 6:00 AM - 7:00 PM
Sunday 7:00 AM - 6:00 PM

Holiday Hours
(No Classes) 7:00 AM - 5:00 PM
Sept. 7 | Oct. 12

Play Centre Child Minding (Provided for a small fee per hour)

Monday-Saturday 9:00 AM - 12:30 PM
Tuesday 4:30 PM - 7:00 PM

***Register as part of Mother's of Newborns Program**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

5:15 AM - 8:15 AM
Lane Swim

5:15 AM - 6:20 AM
Lane Swim

5:15 AM - 8:15 AM
Lane Swim

5:15 AM - 6:20 AM
Lane Swim

5:15 AM - 8:45 AM
Lane Swim

Schedules subject to change.

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

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

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

7:30 AM - 8:45 AM
Lane Swim

7:30 AM - 8:45 AM
Lane Swim

8:30 AM - 9:30 AM
AquaFit Power Hour

9:00 AM - 9:45 AM
AquaFit

8:30 AM - 9:15 AM
AquaFit

9:00 AM - 9:45 AM
AquaFit

9:00 AM - 9:45 AM
Aqua Groove

9:45 AM - 1:00 PM
Pool Share** 2 Lanes

10:00 AM - 1:00 PM
Pool Share** 2 Lanes

9:30 AM - 1:00 PM
Pool Share** 2 Lanes

10:00 AM - 1:00 PM
Pool Share** 2 Lanes

10:00 AM - 1:00 PM
Pool Share** 2 Lanes

7:30 AM - 1:00 PM
Lane Swim

7:00 AM - 1:00 PM
Lane Swim

10:00 AM - 11:00 AM
Water Your Way!^{New}

10:00 AM - 1:00 PM
Parent & Tot Swim

9:45 AM - 11:00 AM
Water Your Way!^{New}

10:00 AM - 1:00 PM
Parent & Tot Swim

10:00 AM - 1:00 PM
Parent & Tot Swim

11:15 AM - 12:00 PM
Baby Water Bootcamp*

11:15 AM - 12:00 PM
Baby Water Bootcamp*

1:15 PM - 5:30 PM
Lane & Leisure***

1:00 PM - 1:45 PM
AquaFit

5:45 PM - 6:15 PM
Aqua HIIT

6:30 PM - 7:45 PM
Lane & Leisure***

2:00 PM - 7:45 PM
Lane & Leisure***

1:15 PM - 7:45 PM
Lane & Leisure***

1:15 PM - 7:45 PM
Lane & Leisure***

1:15 PM - 5:30 PM
Lane & Leisure***

1:15 PM - 6:30 PM
Lane & Leisure***

1:15 PM - 5:45 PM
Lane & Leisure***

8:00 PM - 9:15 PM
Restorative Movement

8:00 PM - 9:15 PM
Restorative Movement

6:45 PM - 7:45 PM
Lane & Leisure***

8:00 PM - 9:15 PM
Underwater Hockey

8:00 PM - 9:15 PM
Lane Swim

8:00 PM - 9:15 PM
Lane Swim

8:00 PM - 9:15 PM
Underwater Hockey

8:00 PM - 9:15 PM
Lane Swim

Lane Swim has all lanes for laps.
For other times, refer to the number of lanes set up for laps by * = # Lanes

YMCA Northumberland

339 Elgin Street West
Cobourg, ON

Aquatic Schedule Information

September 8 - October 11, 2026

*Register as part of Mother's of Newborns Program

Learn more about the Mothers of Newborns Program and join or donate.



- LANE SWIM:** Pool for Lane Swimming for all lanes or refer to the number of lanes set up for laps: (* = # Lanes)
- LANE & LEISURE:** Three lanes are available for continuous lap swimming, with the remaining pool open for leisure swimming. Swim, float, socialize, cool off or simply enjoy some unstructured time in the pool. (All Ages) **NEW**
- POOL SHARE:** Shared Lane Swims. Two lanes available
- PARENT & TOT SWIM** Pool share swim for parents/caregivers in the shallow end of the pool. Guard on duty. Non instructional swim. (Ages 0 - 4)
- UNDERWATER HOCKEY:** A non-contact pool sport where players dive to get sticks on the puck & score on the opposing team's net.
- WATER YOUR WAY:** A self-guided aquatic workout designed to help you move, restore and feel good in the water. Follow our suggested stations for mobility, gentle strengthening, stretching and restorative movement. **NEW**
- RESTORATIVE MOVEMENT:** A designated shallow-water space to enjoy calm, quiet movement at your own pace. Experience the natural support of the water while moving, stretching or simply enjoying the space. An ideal environment to support mobility, recovery and restoration. Slow down, restore and recharge. (Ages 16+) **NEW**

Aquatic Fitness Class Descriptions

AquaFit
A low impact, calorie burning, full body workout that is gentle on the joints and great for participants recovering from injuries.

AquaFit Power Hour **NEW**
More time. More movement. More challenge. A full 60-minute Aquafit workout designed to build cardio, strength, endurance and mobility.

Aqua Groove
Blends water fitness with dance to keep your body moving, your heart pumping, & your spirit lifted.

Aqua HIIT
Burn calories fast with high-intensity, low impact water training that is easy to follow and suitable for all fitness levels.

Baby Water Bootcamp*
Using the properties of water, exercises are used to improve your strength and stamina while baby is able to float and play using our baby floating devices. This program is always a baby favorite!

Water Power Fitness
This class is designed to improve your cardio, strength, and range of motion in the comfort of water.

FAMILY CHANGE ROOM RENOVATION

While renovations occur this September, the Male and Female Change Rooms will be ALL AGES and a few other temporary spaces will be made available for families.

During these renovations, we're extending the season at Centennial Pool (CP) to provide additional swim options during September. Check out the CP schedule for additional outdoor opportunities and enjoy a little extra outdoor pool time while we make improvements indoors!



View Centennial Pool Aquatic Schedule



View Centennial Pool Mini Swim Lesson Schedule