# Aquatic Schedule
## COBOURG YMCA
## October 12 - December 20, 2026

Shine On

### 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<br>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**<br>Lane Swim | **5:15 AM - 6:15 AM**<br>Lane Swim | **5:15 AM - 8:15 AM**<br>Lane Swim | **5:15 AM - 6:15 AM**<br>Lane Swim | **5:15 AM - 8:45 AM**<br>Lane Swim | **6:30 AM - 7:15 AM**<br>Water Power Fitness | |
| | **6:30 AM - 7:15 AM**<br>Water Power Fitness | | **6:30 AM - 7:15 AM**<br>Water Power Fitness | | | |
| **8:30 AM - 9:30 AM**<br>AquaFit Power Hour | **7:30 AM - 8:45 AM**<br>Lane Swim | **8:30 AM - 9:15 AM**<br>AquaFit | **7:30 AM - 8:45 AM**<br>Lane Swim | | **7:30 AM - 8:45 AM**<br>Lane Swim | **7:00 AM - 8:45 AM**<br>Lane Swim |
| | **9:00 AM - 9:45 AM**<br>AquaFit | **9:30 AM - 10:00 AM**<br>Open Swim | **9:00 AM - 9:45 AM**<br>AquaFit | **9:00 AM - 9:45 AM**<br>Aqua Groove | **9:00 AM - 1:00 PM**<br>Swim Lessons | **8:45 AM - 1:00 PM**<br>**Pool Share*****<br>**8:45 AM - 9:45 AM**<br>Sensory Swim |
| **9:45 AM - 1:00 PM**<br>**Pool Share****<br>**10:00 AM - 11:00 AM**<br>Water Your Way!*New*<br>**11:15 AM - 12:00 PM**<br>Baby Water Bootcamp* | **10:00 AM - 1:00 PM**<br>**Pool Share*****<br>**10:00 AM - 1:00 PM**<br>Parent & Tot Swim | **10:00 AM - 10:30 AM**<br>AquaHIIT<br>**10:45 AM - 1:00 PM**<br>**Pool Share*****<br>**11:15 AM - 12:00 PM**<br>Baby Water Bootcamp* | **10:00 AM - 1:00 PM**<br>**Pool Share*****<br>**10:00 AM - 1:00 PM**<br>Parent & Tot Swim | **10:00 AM - 1:00 PM**<br>**Pool Share*****<br>**10:00 AM - 1:00 PM**<br>Parent & Tot Swim | | **10:00 AM - 1:00 PM**<br>Swim Lessons |
| **1:15 PM - 5:45 PM**<br>Open Swim** | **1:00 PM - 1:45 PM**<br>AquaFit | **1:15 PM - 4:15 PM**<br>Open Swim** | **1:00 PM - 1:45 PM**<br>AquaFit | **1:15 PM - 5:30 PM**<br>Open Swim** | **1:15 PM - 3:30 PM**<br>Open Swim** | **1:15 PM - 5:45 PM**<br>Open Swim** |
| **5:30PM - 6:00 PM**<br>Aqua HIIT | **2:00 PM - 4:15 PM**<br>Open Swim** to Oct 27 after 3-4pm Pool Share* | | **2:00 PM - 4:15 PM**<br>Open Swim** to Oct. 29 after 3-4pm Pool Share* | | **3:45 PM - 5:00 PM**<br>Family Fun & Games | |
| **6:15 PM - 7:45 PM**<br>Open Swim** | **4:30 PM - 8:00 PM**<br>Swim Lessons | **4:30 PM - 8:00 PM**<br>Swim Lessons | **4:30 PM - 8:00 PM**<br>Swim Lessons | **5:30 PM - 6:15 PM**<br>AquaFit | **5:15 PM - 6:45 PM**<br>Open Swim** | |
| **8:00 PM - 9:15 PM**<br>Restorative Movement | | | **8:00 PM - 9:15 PM**<br>Restorative Movement | **6:30 PM - 7:45 PM**<br>Open Swim | | |
| **8:00 PM - 9:15 PM**<br>Underwater Hockey | **8:00 PM - 9:15 PM**<br>Lane Swim | **8:00 PM - 9:15 PM**<br>Lane Swim | **8:00 PM - 9:15 PM**<br>Underwater Hockey | **8:00 PM - 9:15 PM**<br>Lane Swim | | |

*Schedules subject to change.*

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

# Aquatic Schedule Information

## October 12 - December 20, 2026

**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. 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.

**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

**FAMILY FUN & GAMES:** The pool is set for fun! Enjoy a variety of games, equipment and activities for families to explore, play and enjoy together at their own pace. Make a splash, try something new and create your own family fun. Youth under 18 yrs. must be accompanied by an adult.

## 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**
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.

*Register as part of Mother's of Newborns Program

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

Find Swim Lesson Information