

Pool Schedule

TIME	MONDAY Sept 19-Nov 8	TUESDAY Sept 20-Nov 9	WEDNESDAY Sept 21-Nov 10	THURSDAY Sept 22-Nov 11	FRIDAY Sept 23-Nov 12	SATURDAY Sept 24-Nov 13	SUNDAY Sept 25-Nov 15
6:00		OPEN 6:00-6:30		OPEN 6:00-6:30			
6:30		AquaFit 6:30-7:15		AquaFit 6:30-7:15		AquaFit 6:30-7:15	
7:00	OPEN 6:00-8:15		OPEN 6:00-8:15		OPEN 6:00-8:15		
7:30		Adult Swim 7:15-9:00		Adult Swim 7:15-9:00		Adult Swim/ Barracudas 7:15-9:00	
8:00							Adult Swim 8:00-10:00
8:30	AquaFit 8:15-9:00		AquaFit 8:15-9:00		AquaFit 8:15-9:00		
9:00							
9:30	AquaFit 9:15-10:00	AquaDeep 9:15-10:00	AquaFit 9:15-10:00	AquaDeep 9:15-10:00	AquaFit 9:15-10:00	R Swim Team 9:00-10:00	
10:00							
10:30	Adult & Preschool Swim/Lessons 10:00-12:00	Adult & Preschool Swim 10:00-12:00	Adult & Preschool Swim 10:00-12:30	Adult & Preschool Swim Lessons 10:00-12:00	Adult & Preschool Swim 10:00-12:00	R Swim Lessons 10:00-1:00	R Swim Lessons 10:00-12:15
11:00							
11:30							
12:00							
12:30	OPEN 12:00-1:00			*School Contract 12:30-2:00 *Starts in Oct			OPEN 12:00-3:00
1:00	Lane/Adult Swim 1:00-2:00		*School Contract 12:30-3:30 *Starts in Oct				
1:30						OPEN 1:00-3:00	
2:00					OPEN 12:00-5:00		
2:30						OPEN 1:00-3:00	
3:00							
3:30	OPEN 2:00-5:00					OPEN FAMILY FUN ZONE 3:00-5:00 Swim Lessons	OPEN FAMILY FUN ZONE 3:00-5:00
4:00		OPEN 12:00-8:45	OPEN 3:30-5:00	OPEN 2:00-7:00			
4:30							
5:00							
5:30		Jr. Life-guard 5:00-6:00	R Swim Lessons 5:00-7:30			Adult Swim 5:00-6:00pm	OPEN 5:00-7:00
6:00	R Swim Lessons 5:00-7:30				R Swim Lessons 5:00-7:30		
6:30						OPEN 6:00-7:00	
7:00							
7:30		R Barracudas 7:00-8:45		Adult Lane Swim 7:00-8:00			
8:00			Water Power 7:30-8:15				
8:30	OPEN 7:30-9:00		Lane Swim 7:30-8:30	R Barracudas 8:00-8:45			
9:00		Adult Swim 8:45-10:00					
9:30	Adult Swim 9:00-10:00		OPEN 8:30-10:00	Adult Swim 8:45-10:00			
10:00							

Schedule subject to change. Call ahead to confirm.

LEGEND
R
REGISTERED PROGRAMS



Aquatics

SCHEDULE SEPT 19-NOV 13

Mon-Fri: 5:30am-10:00pm • Sat: 6:30am-7:00pm • Sun: 8:00am-7:00pm
Hours effective September 19, 2010

No programs or swimming lessons on Oct 11 – Thanksgiving

REGISTER FOR FALL SESSION

Registration Begins: Members – Sept 5 • Non-Members – Sept 9

Junior Lifeguard Is Back!



Junior Lifeguard Club offers serious fun for kids 8 years and up who can swim at least 25 metres and tread water for 2 minutes. The Jr. Lifeguard Club provides an action-packed challenge for

kids who love the water but who want more than “lessons”. The Jr. Lifeguard Club is for quick learners, those between levels or programs who thrive in an energetic learning environment.

- You need to be:**
- 8 years of age or older & comfortable in deep water
 - Able to swim at least 25 metres
 - Able to tread water for 2 minutes without stopping

Recreational Swim Team

Improve your swim skills and fitness level through this introduction to competitive swimming

Ages 6 and up

Must be able to swim 25 metres.



POOL RENTALS

The Cobourg YMCA pool is available for rental on Saturdays from 5:00-6:00pm for a fee of \$90 + HST per hour or \$75 + HST for a pool share. Please contact 905.372.9247 x305

We build strong kids, strong families, strong communities. Plus de vie à la vie des jeunes, des familles et de la communauté.

YMCA Northumberland

Cobourg YMCA

339 Elgin St. W., Cobourg ON K9A 4X5 • 905.372.0161
www.ymcnorthumberland.com



Program Schedule

* indicates combined classes

PROGRAM	MONDAY Sept 19-Nov 8	TUESDAY Sept 20-Nov 9	WEDNESDAY Sept 21-Nov 10	THURSDAY Sept 22-Nov 11	FRIDAY Sept 23-Nov 12	SATURDAY Sept 24-Nov 13	SUNDAY Sept 25-Nov 14
LIL' DIPPERS							
Splasher/Bubbler (6 mo-36mo)	6:00-6:30pm		5:00-5:30pm	10:00-10:30am		10:00-10:30am	
Bobber (3-5 yrs)	10:00-10:30am 5:00-5:30pm		6:00-6:30pm	11:30-12:00pm	6:30-7:00pm	10:30-11:00am	10:00-10:30am
Floater (3-5 yrs)	10:30-11:00am 5:30-6:00pm		6:30-7:00pm	11:00-11:30am	5:00-5:30pm	11:00-11:30am	10:30-11:00am
Glider (3-5 yrs)	11:00-11:30am* 7:00-7:30pm		7:00-7:30pm	10:30-11:00am*	5:30-6:00pm	11:30-12:00pm	11:00-11:30am*
Diver (3-5 yrs)	11:00-11:30am* 6:30-7:00pm		5:30-6:00pm	10:30-11:00am*	6:00-6:30pm	12:00-12:30pm	11:00-11:30am*
Surfer/Dipper (3-5 yrs)	11:30-Noon 7:00-7:30pm		5:00-5:30pm		7:00-7:30pm	12:30-1:00pm	11:30-12:00pm
LEARN TO SWIM							
Otter (6 yrs+)	5:00-5:30pm		6:00-6:30pm		5:30-6:00pm	11:00-11:30am	10:30-11:00am
Seal (6 yrs+)	5:30-6:00pm		6:30-7:00pm		6:00-6:30pm	11:30-12:00pm	11:00-11:30am
Dolphin (6 yrs+)	6:00-6:30pm		5:30-6:00pm		5:00-5:30pm	10:00-10:30am 12:00-12:30pm	11:30-12:00pm
Swimmer (6 yrs+)	6:30-7:00pm		7:00-7:30pm		6:30-7:00pm	10:30-11:00am 12:30-1:00pm	10:00-10:30am
STAR PROGRAM							
Star 1	5:00-5:45pm		6:30-7:15pm		5:00-5:45pm	10:00-10:45am 12:15-1:00pm	10:00-10:45am*
Star 2	5:00-5:45pm		6:30-7:15pm		5:00-5:45pm	10:00-10:45am	10:00-10:45am*
Star 3	5:45-6:30pm		5:45-6:30pm		5:45-6:30pm	10:45-11:30am	10:45-11:30am*
Star 4	5:45-6:30pm		5:45-6:30pm		5:45-6:30pm	10:45-11:30am	10:45-11:30am*
Star 5	6:30-7:15pm*		5:00-5:45pm		6:30-7:15pm*	11:30-12:15pm	11:30-12:15pm*
Star 6	6:30-7:15pm*		5:00-5:45pm		6:30-7:15pm*	11:30-12:15pm	11:30-12:15pm*
Master Swimmer 12 yrs & Up					5:45-7:15pm	11:30-1:00pm	
Stroke Improvement Pre-req. 13 yrs. +	6:30-7:15pm						

YMCA Lil' Dippers

An eight level, values based water activity program for preschool-aged children:

- 6 months to 3 years - child participates with adult. (**Splashers/Bubbler**)
- 3 to 5 years old - with or without adult (**Bobbers, Floaters, Gliders, Divers, Surfers, Dippers**)

YMCA Learn to Swim

A four level instructional program that introduces a series of easy to learn skills to the non-swimmer. Levels are **Otter, Seal, Dolphin and Swimmer**.

The purpose of this program is to help build values and orient individuals age 6 and over to fundamental swim skills.

YMCA Star Program

This program introduces the swimmer to a wide variety of swimming skills and water activities. The program consists of 6 levels: **Star 1 to Star 6**.

The Star program focuses on improving swimming ability, furthering water sport and safety skills, and developing endurance and new strokes. The YMCA Star program also allows the learner to explore leadership opportunities within the program.

YMCA Master Swimmer

This program focuses on completion of the Star Patrol Award, review and improvement of techniques, improvement of endurance to 700m, and preparation of the swimmer for a leadership or lifeguard role.

Barracudas

Are you an Adult Swimmer looking for a new challenge? Join in with our YMCA Barracudas! The Barracudas are a group of adult swimmers who meet weekly to improve their swim techniques and share their love of swimming. Thursday evenings are devoted to freestyle swim, taking tips from triathletes on techniques, endurance and use of muscle groups. New participants are always welcome-just drop in!

Water Power

An invigorating workout designed to challenge your cardiovascular endurance, enhance your stamina, and develop muscular endurance.

Aquatics Details



YMCA Northumberland offers swimming lessons and activities at our indoor pool for all levels and abilities. All instructors have attained a YMCA Instructor Certification and have full CPR and First Aid Certifications.

Classes are free for YMCA members.

Non-members • 30 min 7 weeks \$35 • 8 weeks \$40
• 45 min 7 weeks \$42 • 8 weeks \$48

Due to Thanksgiving, all monday lessons this session are for 7 weeks – all others are for 8 weeks

Parents must stay on Pool Deck during their child's Preschool (Lil' Dippers) Swim Lessons.

Aquatics Enrichment Programs

Standard First Aid & CPR Certification Course

October 16,17
9:00am to 5:00pm
\$75.00 + HST (member and non-members) plus manual \$45 + HST



Standard First Aid & CPR Re-certification Course

October 20
5:00pm to 10:00pm
\$50.00 + HST (member and non-members) plus manual \$45 + HST



Recreational Swim Team (ages 6 +)

Saturdays • 9:00 to 10:00am
Members - no charge • Non-members \$75 + HST

Jr Lifeguard Club (ages 8 +)

Tuesdays • 5:00 to 6:00pm
Members - no charge • Non-members \$75 + HST

Bronze Medallion (ages 13 +)

Sat/Sun Sept. 18,19, 25, 26
Members \$85 + HST + \$40 for manual
Non-Members \$100 + HST + \$40 for manual