

**Family Programs**  
Winter Session 2023  
January 8th - April 1, 2023

| Facility Hours                |                 |                         |
|-------------------------------|-----------------|-------------------------|
| Sunday                        | Monday - Friday | Saturday                |
| 7:00am - 5:00pm               | 5:00am - 9:00pm | 6:30am - 7:00pm         |
| Holiday Hours                 |                 |                         |
| Family Day: Feb. 20           |                 | March Break: Mar. 12-18 |
| 7:00am - 5:00pm<br>No Classes |                 | No Classes              |

**Family Programs Schedule January 8 - April 1**

| Sunday | Monday   | Tuesday                        | Wednesday                              | Thursday                      | Friday   | Saturday   |
|--------|--|--------------------------------|--|-------------------------------|--|--|
|        | 11:30 - 12:00pm<br>Baby Water Boot Camp                | 11:15- 12:00pm<br>Baby and Mom | 11:30 - 12:00pm<br>Parent and Tot Swim | 1:30 - 2:30pm<br>Mother Goose |  | 9:30 - 11:30am<br>My Time With Dad<br>2nd Saturday Each Month<br>(Starts January 14th) |
|        | 1:00 - 2:00pm<br>Grandparents Caring for Grandchildren | 1:00 - 2:00pm<br>Mother Goose  | 1:00 - 2:00pm<br>Gym Dandy             |                               | 1:00 - 2:00pm<br>Grandparents Caring for Grandchildren |  |
|        | 4:00 - 5:00pm<br>Gym Dandy                             |                                |  |                               |  |  |

**Class Descriptions**

**Baby and Mom**

Bring baby to the gym! Together Baby & Mom can explore a variety of exercises to improve flexibility, cardiovascular, agility, strength and toning. Please visit our website for more information about this program.

**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 class is always a Baby favorite!!! Please visit our website for more information on this program.

■ For people registered in Mothers of Newborns

**Grandparents Caring for Grandchildren (Registration Required)**

Come and join other grandparents who are caring for their grandchildren for an opportunity to discuss the unique challenges of this role, gain support from each other, and access resources in the community. This time will be spent enjoying activities with your grandchildren while networking together and providing your grandchildren some time to play with other children to burn off some energy.

**Gym Dandy**

Time to get active with dancing, gymnastics, gross motor games and activities. Children will focus on balance, flexibility and movement all while having fun and gaining new friends?

**Mother Goose (Registration Required)**

This parent-child interactive music program focuses on the pleasure and power of using simple nursery rhymes, stories and songs that will enrich a young child's social and language development. \*suitable for babies 0-12mos

**My Time With Dad (Registration Required)**

A fun-filled program just for dad's to enjoy with their children. Join us for a craft, time in the gym, and a chance to get together with other dads.

**Parent and Tot Swim**

Pool Share swim for parents/caregivers in the shallow end of the pool. Guard on duty. Non instructional swim.

**YMCA Northumberland - Strong Communities Campaign**

The YMCA is committed to supporting our community to build healthier communities, create opportunity, foster potential, and encourage belonging. If you require financial assistance for any programs please contact Samantha Kelly at samantha.kelly@nrt.ymca.ca