



# Cobourg YMCA

339 Elgin Street West  
Cobourg, ON

## Youth Activity Guide | April 2 - July 1, 2023

Registration Opens March 20, 2023

Facility Hours	
Monday - Friday	5:00am - 9:00pm
Saturday	6:30am - 7:00pm
Sunday	7:00am - 5:00pm
Holiday Hours	
April 7 (Good Friday) April 10 (Easter Monday) May 22 (Victoria Day) July 1 (Canada Day)	7:00am - 5:00pm <b>NO PROGRAMS</b>

Play Centre						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm	
	4:00pm-7:00pm		4:00pm-7:00pm			
Pentel Playground						
(Children 10 years and younger must be supervised by someone 12 years and older. Parents must be in the facility with children.)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am-4:45pm	11:00am-7:00pm	10:00am-5:00pm	12:30pm-9:00pm	11:00am-4:45pm	9:00am-7:00pm	7:00am-5:00pm
7:15pm-9:00pm				6:00pm-9:00pm		
YMCA Cobourg Indoor Pool - Open Swim						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00pm-9:00pm	10:00am-2:00pm Pool Share	12:00pm-4:00pm	12:00pm-9:00pm	12:00pm-9:00pm	1:00pm-7:00pm	12:00pm-5:00pm
	12:00pm-4:00pm					
Open Gym						
(Children 10 years and younger must be supervised by an adult or someone 12 years+)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am-1:00pm	11:00am-5:00pm	11:30am-4:45pm	2:00pm-5:45pm	11:00am-1:00pm	9:00am-2:00pm	7:00am-5:00pm
2:00pm-4:45pm	7:45pm-9:00pm	7:00pm-9:00pm		2:00pm-4:45pm	5:30pm-7:00pm	
7:15pm-9:00pm				6:00pm-9:00pm		
Youth Access/PCC						
(See reverse for conditions of use)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00pm-9:00pm	3:00pm-9:00pm	3:00pm-9:00pm	3:00pm-9:00pm	3:00pm-9:00pm	10:00am-4:00pm	10:00am-4:00pm
Registered Child and Youth Programs						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00pm-6:00pm Fun Zone	4:30pm-5:15pm TeenFit	5:00pm-5:45pm Little Athletes	4:00pm-5:00pm Jr. Outdoor Adventures	6:30pm-8:30pm Themed Youth Night  March 31 - Fitness April 7 - Drama April 14th - Dance April 21 - Pool Party April 28 - Sports May 5 - Fitness May 12 - Drama May 19 - Pool Party May 26 - Sports June 2 - Fitness June 9 - Dance June 16 - Drama June 23 - Pool Party June 30 - Sports	10:00am-11:00am Junior Ready Set Cook	1:00pm-1:45pm Outdoor Adventures
6:00pm-7:00pm Creative Corner	5:00pm-5:45pm Crafty Kids	6:00pm-6:45pm The Thrill of Science			11:30am-12:30pm Ready Set Cook	
					2:00pm-4:00pm Fun Zone	
					4:30pm-5:15pm Hoops for Youth	



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# Registered Program Descriptions

## Crafty Kids

**AGES 3-5 years**

We will enjoy a different theme each week as we explore our imagination and creativity! Everyone will create their own craft, make new friends and get messy!

## Creative Corner

**AGES 10-14 years**

This program allows youth to work on more detailed art projects throughout the session. They will spend an hour each week on their project, gaining more skills, a facilitator to assist and quality time with peers. Some projects may include paper mache, origami and or crochet amongst other projects!

## Hoops for Youth

**AGES years**

This program is for those interested in gaining skills in Basketball. Each week the class will focus on new challenges and finish with a good game to practice their sportsmanship.

## Jr. Outdoor Adventures

**AGES 4-6 years**

Each week participants will be guided to complete different activities such as scavenger hunts, hikes, and nature identification. This program is outdoors so please dress appropriate for the weather. Participants are to meet in the front lobby each week before embarking on their adventure.

## Jr. Ready, Set, Cook!

**AGES 4-6 years**

Children will get to help in the kitchen and create yummy and nutritious recipes. Children will also learn the importance of safety in the kitchen, following recipes and clean up.

## Little Athletes

**AGES 3-5 years**

Starting with the basics your little athlete in the making will learn the fundamental movements to any sport, coordination, balance and teamwork. A fun and active class to get your young one engaged in sport.

## Ready, Set, Cook!

**AGES 7-10 years**

Children will learn new skills in the kitchen such as food preparation, measurements, food groups and kitchen safety. New delicious recipes each week!

## TeenFit

**AGES 10-14 years**

This program is a good starting line for teens to learn different aspects of health and exercise. We will learn styles of interval training, our RPE limit and various types of equipment. Feel the determination and motivation for a healthy lifestyle.

## Thrill of Science

**AGES 6-12 years**

Children will experience doing different experiments! We will make predictions and see what happens. We will make new discoveries while working as a team.

## Outdoor Adventures

**AGES 7-10 years**

Children will experience the outdoors by participating in different challenges each every week. Trail hikes, games, team building and survivor skills.

## Fees

**Members: Free**

**Non-Members:**  
**\$134.45 for 45 min.**  
**\$141.15 for 1 hour**

## Drop-In

### Fun Zone

**AGES 3-12 years**

A Drop In program where parents/ guardians can bring their children while they access the facility, i.e. workout, swim, etc. Children will participate in gym games and activities.

### Youth Theme Nights

**GRADES 6-8**

Youth in grades 6-8 can Drop in at the Y for a variety of activities happening on Friday nights. Activities include but not limited to dances, social games, sports and more.

**Members: Free**  
**Non-Members: Youth \$6.50**

## PCC Youth Access Conditions of Use

Youth 10-15yrs unaccompanied by a parent may access the cardio equipment only during youth access hours.

Youth 10-15yrs accompanied by a parent may access the cardio and strength training equipment during open hours.

Youth ages 12-15yrs who have enrolled in the YThrive Grow with a YThrive coach may access any equipment during Youth Access hours.

### 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 Leanne Clarke [leanne.clarke@nrt.ymca.ca](mailto:leanne.clarke@nrt.ymca.ca)