



\*Register for class online at [ymcanrt.org](http://ymcanrt.org)

Facility Hours	
Monday - Friday	5:00am - 9:00pm
Saturday	6:30am - 5:00pm
Sunday	7:00am - 5:00pm
Holiday Hours	
July 1 August 7	7:00am - 5:00pm <b>No Classes</b>

## Family Programming Summer Schedule July 2 - September 2, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:15-12:00pm Baby Water Bootcamp	11:15-12:00pm Baby and Mom	11:15-12:00pm Baby Water Bootcamp	10:00-11:00am Parent and Tot Swim		
1:30-2:30pm Stroller Strong	1:00-2:00pm Play Through Movement and Song*	1:00-2:00pm Let's Get Physical*	1:30-2:30pm Play Through Movement and Song*	1:30-2:30pm Stroller Strong	*My Time with Dad will return in the Fall 2023
4:00-5:00pm Let's Get Physical*					

## Class Descriptions

■ For people registered in Mothers of Newborns

### Baby and Mom

Bring baby to the gym! Together baby and 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 program is always a baby favorite!!! Please visit our website for more information on this program.

### Stroller Strong

This class is designed for parents with younger children who can remain in their stroller. You will increase muscular and cardiovascular strength in this boot camp-style class.

### Let's Get Physical\*

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. Registration required\*

### Parent and Tot Swim

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

### Play Through Movement and Song\*

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, physical and language development. Suitable for babies 0-12months.

**Members: Free**  
**Non-Members: \$14.00 Drop-In Fee**

### 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)