

Holiday Hours		Facility Hours	
July 1 August 7	7:00am - 5:00pm NO PROGRAMS	Monday - Friday	5:00am - 9:00pm
		Saturday	6:30am - 5:00pm
		Sunday	7:00am - 5:00pm

Registration Opens June 5, 2023

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		

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
1:30pm-5:00pm	1:30pm-8:00pm	1:30pm-8:00pm	1:30pm-8:00pm	1:30pm-8:00pm	9:00am-11:00am	9:00am-11:00am

YMCA Cobourg Indoor Pool - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:00pm-6:00pm Open Swim *2 lanes available	2:00pm-4:00pm Open Swim *2 lanes available	2:00pm-6:00pm Open Swim *2 lanes available	11:00am-6:00pm Open Swim *2 lanes available	2:00pm-9:00pm Open Swim *2 lanes available	11:00am-5:00pm Open Swim	1:00pm-5:00pm Open Swim *2 lanes available

Rock Wall

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2:00pm-3:00pm Rock Wall Drop In Ages 8-10 years	2:00pm-3:00pm Rock Wall Drop In Ages 11-14 years				

Open Gym

(Children 10 years and younger must be supervised by an adult or someone 12 years+)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:00pm-4:00pm Basketball Drop-In	2:00pm-9:00pm Open Gym	2:00pm-4:00pm Basketball Drop-In		2:00pm-4:00pm Basketball Drop-In		
4:00pm-5:45pm Open Gym		4:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	4:00pm-9:00pm Open Gym		
7:15pm-9:00pm Open Gym			7:00pm-9:00pm Open Gym			

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
		12:00pm-1:00pm Create and Take! Ages 8-10 years				
		1:00pm-2:00pm Create and Take! Ages 11-14 years				

Drop-In Child and Youth Programs

	2:00pm-3:00pm Rock Wall Ages 8-10 years	2:00pm-3:00pm Rock Wall Ages 11-14 years	2:30pm-3:30pm Thank Goodness its Thursday at the YMCA	12:00pm-1:00pm Floor Hockey Ages 8-12 years		
5:00pm-7:00pm Imagination Station Ages 3-10 years	7:00pm-8:00pm Youth Water Volleyball Ages 12-15 years		5:00pm-7:00pm Fun Zone Ages 3-10 years			

Drop-In

Members: Free
Non-Members: Youth \$6.50

Imagination Station

AGES 3-10 years

Children can drop in and play at a variety of stations including legos, playdough and more! Children can use their imagination and create!

Registered Programs

Create and Take!

AGES 8-10 years

Each week we will be offering different art projects for you to enjoy, this will be a calm atmosphere, allowing participants to get lost in the art!

Fees

Members: Free

Non-Members:

\$90.00 for 45 min program

\$99.00 for 1 hour program

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

Floor Hockey

AGES 8-12 years

Drop into our gymnasium for a pickup game of floor hockey! No experience required, bring friends or meet some new ones!

Fun Zone

AGES 3-10 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.

Thank Goodness it's Thursday at the YMCA

AGES 10-13 years

July 6 | Rock Climbing Rally
YMCA Cobourg

Come out and take your turn with our rock climbing wall! Compete against your friends and or meet some new ones!

July 13 | Water Slide Central
YMCA Cobourg Pavilion

Enjoy the season with us at our pavilion area with games, music and slides!

July 20 | Road Hockey Tournament
YMCA Cobourg Pavilion

Bring your sticks, equipment and friends to our weekly road hockey tournament that is sure to bring out friendly competition, teamwork and a lot of laughs!

July 27 | Water Balloon Challenge
YMCA Cobourg Pavilion

Get ready to get splashed and splash others with our friendly backyard water balloon activities such as target practice, minute to win it games, and a big game of Chase to see which team gets splashed with the most balloons!

August 3 | Youth Summer Dance
YMCA Cobourg (6:30pm-8:30pm)

Get ready to get splashed and splash others with our friendly backyard water balloon activities such as target practice, minute to win it games, and a big game of Chase to see which team gets splashed with the most balloons!

Rock Wall Drop-In

AGES 8-10 years, 11-14 years

Drop in and challenge your skills on the Rock Wall! Benefits to rock wall climbing include muscle building, flexibility, balance, problem solving and more! Staff will be there to belay and coach participants on the Rock Wall.

Youth Water Volleyball

AGES 12-15 years

Jump right in and join our pickup water Volleyball games! No experience necessary. Just bring your bathingsuit and energy!

August 10 | Outdoor Basketball
Tournament

Basketball Nets Behind YMCA Cobourg
Bring your friends or meet some new ones at our Parking Lot Basketball Tournament behind the YMCA facility. Staff will be present to help facilitate games and help teach helpful hints to improve your game!

August 17 | Outdoor Obstacle Course
YMCA Cobourg Pavilion
Obstacle course to challenge you physically and mentally. Course includes Low ropes and more

August 24 | Capture the Flag
YMCA Cobourg Pavilion

Come out and take your turn with our rock climbing wall! Compete against your friends and or meet some new ones!

August 29 | Tye Dye Party
YMCA Cobourg Pavilion

Bring your white t-shirt, white hat or even a white pillow case to our backyard Tye Dye Party! Wear your Tye Dye and create some new pieces!