

Holiday Hours	
September 4 October 9	7:00am - 5:00pm No Classes

Facility Hours	
Monday - Friday	5:00am - 9:00pm
Saturday	6:00am - 7:00pm
Sunday	7:00am - 5:00pm

Start date for registered programs - September 10

YOUTH + CHILD PROGRAMS SEPTEMBER 3 - NOVEMBER 4, 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	9:00AM - 12:00PM	
5:00PM - 7:00PM		5:00PM - 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
7:00AM - 9:00AM	7:00AM - 9:00AM	7:00AM - 9:00AM	7:00AM - 9:00AM	7:00AM - 9:00AM	10:30AM - 6:30PM	11:00AM - 5:00PM
12:30PM - 6:00PM	1:30PM - 5:30PM	10:30AM - 7:00PM	12:30PM - 8:00PM	11:30AM - 9:00PM		

YMCA Cobourg Indoor Pool - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00PM - 7:45PM	1:00PM - 4:15PM	1:00PM - 4:15PM	1:00PM - 4:15PM	1:00PM - 9:00PM	1:00PM - 7:00PM	1:00PM - 5:00PM

Open Gym

(Children 10 years and younger must be supervised by someone 12 years and older.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:00PM - 4:00PM	2:00PM - 5:00PM	2:00PM - 5:00PM	2:00PM - 5:00PM	2:00PM - 9:00PM		
		6:00PM - 9:00PM	7:00PM - 9:00PM		5:00PM - 7:00PM	

Registered Children and Youth Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00PM - 6:00PM Junior Ready Set Cook Ages 4-6		5:15PM - 6:00PM Little Athletes Ages 4-5		10:00AM - 11:00AM Ready Set Cook Ages 7-10	
	6:00PM - 6:45PM Thrill of Science Ages 6-9		6:00PM - 7:00PM Hoops for Youth Ages 6-9	6:00PM - 7:00PM Vertical Warriors Ages 6-9	2:00PM - 2:45PM Junior Outdoor Adventures Ages 5-7	1:00PM - 2:00PM Outdoor Adventures Ages 8-12
7:00PM - 8:00PM Youth Volley Ball Ages 14-18	6:00PM - 6:45PM Eco Peace Project Ages 12-14		7:00PM - 8:00PM Pickleball Ages 12-14		5:30PM - 6:00PM You Create and Take Ages 7-11	

Drop-In Child and Youth Programs

		5:00PM - 7:00PM Imagination Station Ages 3-10	5:00PM - 7:00PM FUN Zone Ages 3-10			
		5:00PM - 6:00PM Arriba Ages 10+		7:00PM - 9:00PM Youth Drop-In Ages 10-13		

AS Room	Gymnasium	Upstairs Studio	Kitchen	Outside
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Youth + Child Program Descriptions

Registered Child + Youth Programs (run 8 weeks)

Eco Peace Project

AGES 12-14 years

This program is designed for youth that have a passion to make a difference in our environment. Each week there will be discussions, activities and challenges.

Hoops for Youth

AGES 6-9 years

Build on your skills and develop new friendships. Each week will focus on new challenges and finish with a good game to practice their sportsmanship.

Outdoor Adventures

AGES 8-12 years

Build on your skills and develop new friendships. Each week will focus on new challenges and finish with a good game to practice their sportsmanship.

Thrill of Science

AGES 6-9 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.

Vertical Warriors

AGES 6-9 years

Rock climbing creates body and builds strength, mobility and coordination. Challenges, games and self discovery!

You Create and Take

AGES 7-11 years

Crafts and social time for youth that are looking to sit and create a master piece.

Youth Pickleball

AGES 12-14 years

This is an introductory program to pickleball for youth ages 12-14 years. Pickleball is a popular racquet sport that is enjoyed by all ages.

Youth Volleyball

AGES 14-18 years

Participants will be put into teams for a game of pick up volleyball. Enjoy an evening of skill development, fun and social.

Fees

Members: Free

Non-Members:

\$80.00 for 45 min x 8wk program

\$88.00 for 1 hour x 8wk program

Drop-In Programs

Members: Free
Non-Members: Youth \$6.50

Arriba

AGES 10+ years

A non-registered high-energy dance-based fitness party that focuses on the basic Latin rhythms with a splash of Bollywood, Belly Dance and Hip Hop. If you can move your feet and hips then you'll be sure to enjoy this class!!!

Fun Zone

AGES 3-10 years

Non-registered 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.

Imagination Station

AGES 3-10 years

Bring your children to this drop in program to participate in a variety of stations to keep entertained.

Youth Drop-In

AGES 10-13 years

A safe space for youth to engage in activities and socialize with peers. Program leaders will be available to facilitate and engagement.

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