



*Register for class online at ymcanrt.org

Members: Free

Non-Members: \$14.00 Drop-In Fee

Facility Hours	
Monday - Friday	5:00am - 9:00pm
Saturday	6:00am - 7:00pm
Sunday	7:00am - 5:00pm
Holiday Hours	
September 4 October 9	7:00am - 5:00pm No Classes

Family Programming Fall Schedule September 10 - November 4, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:15AM - 12:00PM Baby Water Bootcamp	10:00AM - 11:00am Parent and Tot Swim	11:15AM - 12:00PM Baby Water Bootcamp	10:00AM - 11:00AM Parent and Tot Swim		
1:30PM - 2:30PM Stroller Strong	11:15AM - 12:00PM Baby and Mom	1:00PM - 2:00PM Gym Dandy*	1:30PM - 2:15PM Tales and Tunes*	1:30PM - 2:30PM Stroller Strong	10:00AM - 11:30AM My Time With Dad* <i>September 9 October 14 November 11</i>
4:00PM - 5:00PM Gym Dandy*	1:30PM - 2:15PM Tales and Tunes*				

Class Descriptions

■ For those registered in our free Mothers of Newborns program

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 Mothers of Newborn program web page for more information. Location may vary.

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 favourite!!!

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. This class will take place outdoors, weather permitting. Please meet at the front doors of the YMCA Cobourg.

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. Registration required* Location: Gymnasium

Parent and Tot Swim

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

Tales and Tunes*

Join us for stories, songs and rhymes for children ages 18 months to 3years with parents or caregivers. Registration required* Location: Play Centre

My Time With Dad*

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

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