

Holiday Hours		Su Dec. 31	7am-2pm
Su Dec. 24	7am-2pm	M Jan. 1	Closed
M Dec. 25	Closed	Tu Jan. 2	5am-9pm
Tu Dec. 26	7am-5pm	W Jan. 3	5am-9pm
W Dec. 27	5am-9pm	Th Jan. 4	5am-9pm
Th Dec. 28	5am-9pm	Fr Jan. 5	5am-9pm
Fr Dec. 29	5am-9pm	Sa Jan. 6	6am-7pm
Sa Dec. 30	6am-7pm	Su Jan. 7	7am-5pm

Play Centre Holiday Hours	
Tu Dec. 26 - Fri Dec. 29	9:00am-noon
Tu Jan. 2 - Fri Jan. 5	9:00am-noon

COBOURG GYM & POOL SCHEDULE DEC. 24, 2023 - JAN. 7, 2024

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
	11:00AM - 5:00PM	10:00AM - 6:00PM	12:30PM - 5:00PM	11:00AM - 5:00PM	10:30AM - 7:00PM	9:00AM - 5:00PM
			6:00PM - 8:00PM			

Open Gym

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10:00AM - 9:00PM	12:30PM - 4:30PM	11:00AM - 5:00PM	5:00PM - 7:00PM	11:30AM - 2:00PM
			6:00PM - 9:00PM	6:30PM - 9:00PM		

Drop-in Child and Youth Programs (Non-member drop-in fees apply)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:00AM - 1:00PM Pick up Basketball Ages 10-14	5:00PM - 6:00PM Rock Wall Ages 6-9	6:00PM - 7:00PM Rock Wall Ages 10-14	3:00PM - 5:00PM Youth Drop-in Ages 10-14	11:00AM - 1:00PM Pick up Basketball Ages 10-14	

Aquatic Schedule (Pool)

Tues. Dec. 26	Tues. Jan. 2	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM - 12:30AM Lane Swim	6:00AM - 6:30AM Lane Swim	5:15AM - 8:45AM Lane Swim	6:00AM - 6:30AM Lane Swim	5:15AM - 8:45AM Lane Swim	6:00AM - 6:30AM Lane Swim	7:00AM - 10:00AM Lane Swim
12:30PM - 5:00PM Open Swim	6:30AM - 7:15AM Water Power Fitness	9:00AM - 9:45AM AquaFit	6:30AM - 7:15AM Water Power Fitness	9:00AM - 9:45AM AquaFit	6:30AM - 7:15AM Water Power Fitness	
	9:00AM - 9:45PM AquaFit		9:00AM - 9:45PM AquaFit		10:00AM - 12:00PM Lane Swim	10:00AM - 5:00PM Open Swim
	10:00AM - 12:30PM Lane Swim/ Parent & Tot	10:00PM - 12:30PM Lane Swim/ Parent & Tot	10:00AM - 12:30PM Lane Swim/ Parent & Tot	10:00PM - 12:30PM Lane Swim/ Parent & Tot	12:00PM - 2:00PM Parent & Tot	
	12:30PM - 1:30PM Camp Swim	12:30PM - 1:30PM Camp Swim	12:30PM - 1:30PM Camp Swim	12:30PM - 1:30PM Camp Swim	12:00PM - 7:00PM Open Swim	
	1:30PM - 7:00PM Open Swim	1:30PM - 7:00PM Open Swim	1:30PM - 7:00PM Open Swim	1:30PM - 7:00PM Open Swim		
	7:15PM - 8:45PM Lane Swim	7:00PM - 9:00PM Lane Swim	7:15PM - 8:45PM Lane Swim	7:00PM - 9:00PM Lane Swim		

Please note: On Sunday, Dec. 24, Pentel Playground and Open Swim ends at 2pm as our facility is closing at 2pm.

Gymnasium

Schedules subject to change



Cobourg YMCA
339 Elgin Street West
Cobourg, ON

COBOURG GYM & POOL SCHEDULE DEC. 24, 2023 - JAN. 7, 2024

Child + Youth Drop-in Programs

Members: Free
Non-Members: Youth \$6.50

Pick-up Basketball

AGES 10-14 years

Come together to enjoy the thrill of shooting hoops and engaging in friendly, spontaneous games. Whether you're a seasoned player or just looking for some recreational fun, our Pick-up Basketball gatherings offer a dynamic space for everyone.

Rock Wall

AGES 6-9 years / 10-14 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 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 for Youth Ages 10 to 15

- Can access all areas of the Conditioning Centre (excluding Free Weight Area) when unaccompanied only once they have completed the Y-Grow program (previously Shoe-Tag) and are wearing a wrist band indicator.
- Can access all areas of the Conditioning Centre (excluding the Free Weight Area) when accompanied by a parent or guardian who is aged 18+ and who are always within arm's reach of each other.

For the health and safety of all users,
there will be no exceptions.

Aquatic / Pool Programs

Members: Free
Non-Members: Day Pass Rates Apply

Water Power Fitness

This class welcomes all fitness levels and is designed to improve your cardio, strength, and range of motion in the comfort of water.

Parent & Tot Swim

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

Aquafit

An excellent low impact, calorie burning, full body workout that is gentle on the joints and great for participants recovering from injuries.

LANE SWIM: Pool for Lane Swimming Only

OPEN SWIM: Pool open for all patrons

POOL SHARE: Shared use of pool with Lane Swim, Registered Programming and/or Birthday Parties

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