

FAMILY PROGRAMMING SCHEDULE

January 14 - March 9, 2024

Schedules subject to change

*Register for class online at ymcanrt.org | Registration opens January 9, 2024

Members: Free

Non-Members: \$14.00 per class

Facility Hours

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

Holiday Hours

| | |
|------------------------|-------------------|
| Monday, Feb. 19 | NO CLASSES |
|------------------------|-------------------|

■ Mothers of Newborn Membership Class. To register, visit: <https://ymcanrt.org/activities/mothers-of-newborns-program/>

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---------------------------------|--|--|
| | | 10:00am - 10:45am Tiny Tales Playtopia | | 10:00am - 11:00am Parent & Tot Swim | 10:00am - 11:30am *My Time With Dad |
| 11:15am - 12:00pm Baby Water Bootcamp | 11:15am - 12:00pm Baby and Mom Fitness | 11:15am - 12:00pm Baby Water Bootcamp | 11:00am - 11:45am *Gym Dandy | | January 13 February 10 March 9 |
| 1:30pm - 2:30pm Stroller Strong | | 1:00pm - 2:00pm *Gym Dandy | | 1:30pm - 2:30pm Stroller Strong | |

Class Descriptions

MOTHERS OF NEWBORN MEMBERSHIP CLASSES

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!!! Location: Pool

BABY AND MOM FITNESS

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.

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. Location: Gymnasium

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. Location: Pool

TINY TALES PLAYTOPIA

Join in the fun of interactive story telling to get both the parents/caregivers and children engaged in story telling. Location: Play Centre

MY TIME WITH DAD

An opportunity for Dad to spend quality time with child while participating in fun activities. Location may vary.

YMCA Northumberland - Strong Communities Campaign

The YMCA is committed to building healthier communities, creating opportunity, fostering potential, and encouraging belonging. If you require financial assistance for any programs please contact Leanne Clarke leanne.clarke@nrt.ymca.ca