

Facility Hours

Monday - Friday 5:00am-9:30pm
Saturday 6:00am-7:00pm
Sunday 7:00am-6:00pm

Holiday Hours

Friday, Mar. 29 7:00am-5:00pm

CHILD + YOUTH PROGRAMS

March 18 - May 4, 2024

7 Week Session | Registered Programs Begin March 18, 2024

*Register for class online at ymcanrt.org

- Pool
- Gymnasium
- AS Room
- Play Centre
- Upstairs Studio
- Kitchen
- Outside

Play Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am - 12:30pm	9:00am - 12:30pm	9:00am - 12:30pm	9:00am - 12:30pm	9:00am - 12:30pm	9:00am - 12:00pm	
5:00pm - 7:00pm		5:00pm - 7:00pm				

Pentel Playground (Children 10 yrs. and younger must be supervised by someone 15 yrs. & 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 - 6:00pm

Open Gym (Must be 10 years+ or supervised by someone 15 years+)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00pm - 9:00pm	2:30pm - 4:00pm	7:00pm - 9:00pm	2:30pm - 5:00pm	5:00pm - 9:00pm	5:00pm - 7:00pm	9:00am - 10:30am

Registered Children + Youth Programs* (Registration Opens March 5, 2024 | Registered programs begin March 18, 2024)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			4:00pm - 5:00pm Youth Yoga Ages 13-17		10:00am - 11:00am Ready Set Cook Ages 7-10	11:00am - 12:00pm Youth Volleyball Ages 8-12
5:00pm - 5:45pm Crafty Kids Ages 5-7	5:00pm - 6:00pm Jr. Ready Set Cook Ages 4-6		5:15pm - 6:00pm Little Athletes Ages 3-5			1:00pm - 2:00pm Outdoor Adventures Ages 8-12
6:00pm - 7:00pm Youth Pickleball Ages 10-14	6:00pm - 6:45pm Thrill of Science Ages 6-9	6:00pm - 6:45pm Thrive Athletics Ages 8-12	6:15pm - 7:00pm Hoops for Youth Ages 6-9			

Drop-In Child and Youth Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:30pm - 5:00pm Basketball All Ages		2:30pm - 5:00pm Basketball All Ages	4:30pm - 7:00pm FUN Zone Ages 3-10	2:30pm - 5:00pm Basketball All Ages	9:00am - 11:00am Fun Zone Ages 3-10	
	7:30pm - 9:00pm Young Adult Basketball Ages 16-24	5:00pm - 6:00pm Rock Wall Ages 6-12	7:00pm - 9:00pm Basketball All Ages	6:00pm - 8:00pm Rock Wall Ages 6-12		

Other Important Dates

Program Registration Opens - Mon., Mar. 4, 2024
Spring Youth Fling Dance - Friday, April 26, 2024

Registered Child + Youth Programs (run 7 weeks)

CRAFTY KIDS

Children ages 5-7 will get creative with various crafts based on a theme each week. Great activity to build hand and eye coordination and manual dexterity.

HOOPS FOR YOUTH

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.

JR READY SET COOK & READY SET COOK

Children will get to learn different skills in the kitchen such as food preparation, measurements, food groups and safety in the kitchen. We will be making new recipes each week! Yum!

LITTLE ATHLETES

An opportunity for ages 3-5 to learn fundamental skills essential to learn to further develop into organized sports. Children will develop friendships, teamwork and sportsmanship.

OUTDOOR ADVENTURES

Children will experience the outdoors by participating in different challenges every week. Trail hikes, games, team building, survivor skills are just a few of the things we will be doing. Lots of outdoor fun for outdoor adventurers!

PICKLEBALL

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.

THRILL OF SCIENCE

Children will experience doing different experiments! We will make predictions and see what happens. We will make new discoveries while working as a team.

THRIVE ATHLETICS

This program is designed to further train athletes in skill development in agility, endurance and strength.

YOUTH PICKLEBALL

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

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

YOUTH YOGA

Yoga is a great way to find balance and reduce stress while building strength and flexibility in both the body and mind.

Drop-In Programs

BASKETBALL (ALL AGES)

This casual drop in program is for anyone looking for a pickup style game of Basketball. Bring your friends or come meet new ones!

YOUNG ADULT BASKETBALL (AGES 16-24)

Come out for some pick-up basketball action with fellow 16 - 24 year olds where you can hoop it up with friends or make new ones on the court.

FUN ZONE

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.

ROCK WALL

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

Youth Access Policy

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.

FEES

NON MEMBER:

\$73.50/45MIN CLASS | \$80.50/60MIN CLASS

MEMBERS: NO FEE

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