

FAMILY PROGRAMMING SCHEDULE

March 18 to May 4, 2024

Schedules subject to change

*Register for class online at ymcanrt.org | Registration opens March 4 | Programs begin March 18

Members: Free

Non-Members: \$14.00 per class

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00am - 1:00pm Parent & Tot Swim	10:00am - 10:45am Me & My Grandparents	10:00am - 1:00pm Parent & Tot Swim	10:00am - 1:00pm Parent & Tot Swim	10:00am - 11:30am *My Time With Dad April 13
11:15am - 12:00pm Baby Water Bootcamp	11:15am - 12:00pm Baby and Mom Fitness	11:15am - 12:00pm Baby Water Bootcamp	11:15am - 12:00pm Mom & Baby Yoga		
1:30pm - 2:30pm Stroller Strong	4:00pm - 4:45pm *Gym Dandy	1:00pm - 2:00pm *Gym Dandy	4:00pm - 4:45pm Tiny Tales Playtopia	1:30pm - 2:30pm Stroller Strong	

Class Descriptions

MOTHERS OF NEWBORN MEMBERSHIP CLASSES

All classes are for children under 1 years old

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.

BABY AND MOM YOGA

Bring your little one and embrace each other during our energizing and meditative Yoga, Please bring your own mat if you can. Location: Upstairs Studio

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

All classes are for children 1 to 3 years old

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

ME & MY GRANDPARENTS

Bring Grandma or Grandpa, or both! Programs will vary from reading and exploration, to music and dancing! Location may vary.

MY TIME WITH DAD

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

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

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