

FAMILY PROGRAMMING SCHEDULE

May 5 - June 15, 2024

Schedules subject to change

*Register for class online at ymcanrt.org | Registration opens April 22 | Programs being May 6

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

| | |
|-----------------------|-------------------|
| Monday, May 20 | No Classes |
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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 | 10:30AM - 11:00AM *Gym Dandy | 10:00AM - 1:00PM Parent & Tot Swim | 10:00AM - 1:00PM Parent & Tot Swim | 9:30PM - 10:15PM Tiny Tales Playtopia |
| 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 | | 10:30AM - 11:30AM *My Time With Dad |
| 1:30PM - 2:15PM Stroller Strong | | | 2:00PM - 2:45PM *Gym Dandy | 1:30PM - 2:15PM Stroller Strong | May 11 June 8 |

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.

MOM AND BABY 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

OTHER FAMILY CLASSES

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

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