

# FAMILY PROGRAMMING SCHEDULE

**June 16 - Sept 2, 2024**

Schedules subject to change

**\*Registration required / Register for classes online.**

**Members: Free**

**Non-Members: \$10.00 per class**

## Facility Hours

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

## Holiday Hours

**July 1, Aug 5 and Sept 2** 7:00am-5:00pm  
**(No Programs)**

■ Mothers of Newborn Membership Class.

■ Class Takes Place at Centennial Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:15AM - 12:00PM Baby and Mom Fitness			10:15AM - 11:00AM *Water Baby Bootcamp	10:30AM - 11:30AM *My Time With Dad
1:30PM - 2:15PM Stroller Strong	3:00PM - 4:00PM *Water Baby Bootcamp		11:15AM - 12:00PM Mom & Baby Yoga	11:00AM - 12:00PM Parent & Tot Swim	July 13 August 10
5:00PM - 6:00PM Family Gym	4:00PM - 5:00PM Parent & Tot Swim	4:00PM - 5:00PM Gym Dandy			

## Class Descriptions

### MOTHERS OF NEWBORN MEMBERSHIP CLASSES

All classes are for children under 1 years old

Visit [ymcanrt.org/activities/mothers-of-newborns-program/](http://ymcanrt.org/activities/mothers-of-newborns-program/) for details.

#### 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

#### FAMILY GYM

An open welcoming space for family members of all ages to enjoy various fitness activities together. 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. 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

### 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](mailto:leanne.clarke@nrt.ymca.ca)