



Cobourg YMCA
339 Elgin Street West
Cobourg, ON

Facility Hours

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

Holiday Hours

Jul 1, Aug 5, Sept 2 7:00am-5:00pm

CHILD + YOUTH PROGRAMS

June 16 - Sept 8, 2024

There will be no Registered Programs over summer but a few Special Events that need sign up.

No programs offered on holidays (see holiday hours)

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

Play Centre Child Minding

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

Pentel Playground (Must be 10 years+ or supervised by someone 15 years+. Parents must be in the facility with children.)

Monday **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday** **Sunday**

2:00PM - 5:00PM 3:00PM - 9:00PM 4:00PM - 8:00PM 3:00PM - 9:00PM 3:00PM - 8:00PM 9:00AM - 6:00PM 11:00AM - 6:00PM
7:00PM - 9:00PM

YMCA Cobourg Indoor Pool - Open Swim

Monday **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday** **Sunday**

2:30PM - 6:00PM 2:30PM - 4:00PM 2:30PM - 6:00PM 2:30PM - 6:00PM 2:30PM - 9:00PM 11:00AM - 5:00PM 1:00PM - 5:00PM

Open Gym (Must be 10 years+ or supervised by someone 15 years+. Parents must be in the facility with children.)

Monday **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday** **Sunday**

2:00PM - 5:00PM 3:00PM - 6:00PM 5:00PM - 6:00PM 3:00PM - 6:00PM 3:00PM - 6:00PM 9:00AM - 6:00PM 9:00AM - 5:00PM
7:00PM - 9:00PM 7:00PM - 9:00PM

Drop-In Child and Youth Programs

Monday **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday** **Sunday**

5:00PM - 7:00PM Fun Zone Ages 3-10 5:00PM - 6:00PM Rock Wall Ages 6+ 5:00PM - 7:00PM Fun Zone Ages 3-10 6:00PM - 7:00PM Rock Wall Ages 6+ 10:00AM - 11:00AM Rock Wall Ages 6+
5:00PM - 6:00PM Family Gym 6:00PM - 9:00PM Basketball Drop-In 5:00PM - 6:00PM Family Gym 6:30PM - 9:00PM Basketball Drop-In 6:00PM - 9:00PM Basketball Drop-In 1:00PM - 3:00PM Family Gym

Other Important Dates / Special Events

Youth Dance - Friday, June 21, 2024 (Grades 6-8)

Mindfulness and Malas - Thursday July 11 & Thursday August 15 (Ages 8-12 years)

3 on 3 Basketball Tournament - Friday, July 19 (Ages 14-25 years)





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Class Descriptions

Drop-In Programs

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.

FAMILY GYM

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

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.

SPECIAL DATES / EVENTS

MINDFULNESS AND MALAS

- THURSDAY JULY 11, 2024 | THURSDAY AUGUST 15, 2024 FROM 6PM-8PM

Ages 8-12 years

Members: Free

Non members: Day Pass \$7/participant

Participants will create Malas (beaded necklaces) for participants to wear. Then moving into a gentle yoga and ending with a mindful meditation. Participants will leave with the ability to bring awareness to their body and emotional awareness.

3 ON 3 BASKETBALL TOURNAMENT

- FRIDAY, JULY 19 AT 5PM

Ages 14-25 years (age divisions based on registrations)

Please register by Wednesday July 17, 2024

\$30/Team

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