



**YMCA Northumberland
Cobourg**
339 Elgin Street West
Cobourg, ON

Facility Hours

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

Holiday Hours (No Programs)

October 14 7:00am - 5:00pm

CHILD + YOUTH PROGRAMS

September 9 - November 3, 2024

Registration now open! 8 week session starts week of Sept. 9

For Members, 1 Free Registered Class is included per session.

Fees apply for additional classes or for Non-Members.

Fees for 8 weeks: 45 minute class - \$73.50 | 60 minute class - \$80.50

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

No programs offered on holidays (see Holiday Hours)

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 | |
| 4:30PM - 7:00PM | | 4:30PM - 7:00PM | | | | |

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 |
|-----------------|-----------------|------------------|-----------------|------------------|-----------------|------------------|
| 1:30PM - 5:00PM | 1:30PM - 5:00PM | 11:00AM - 4:00PM | 1:00PM - 5:00PM | 11:00AM - 8:00PM | 9:00AM - 6:00PM | 11:00AM - 6:00PM |
| 7:00PM - 9:00PM | | 5:00PM - 8:00PM | | | | |

YMCA Cobourg Indoor Pool - Open Swim (**2 Lanes Available)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 1:00PM - 8:00PM | 2:00PM - 4:15PM | 1:00PM - 4:15PM | 1:00PM - 4:15PM | 1:00PM - 5:45PM | 1:00PM - 7:00PM | 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 |
|-------------------------------------|-----------------------------|-------------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| 2:30PM - 5:00PM Youth Basketball | 2:30PM - 5:00PM Open Gym | 2:30PM - 5:00PM Youth Basketball | 2:30PM - 5:00PM Open Gym | 2:30PM - 5:00PM Open Gym | 9:00AM - 6:00PM Open Gym | 9:00AM - 5:00PM Open Gym |
| 7:00PM - 9:00PM Open Gym | | 8:00PM - 9:00PM Open Gym | | | | |

Registered Child and Youth Programs

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|--|--|---|
| | | 10:00AM - 11:00AM Tumble Tots Ages 1-3 | | | 10:00AM - 10:45AM Crafty Kids Ages 4-6 | |
| 1:00PM - 2:00PM Sensory Sprouts Ages 1-3 | 1:30PM - 2:30PM Home Zone Ages 4-12 | 4:00PM - 5:00PM Cym Dandy Ages 3-5 | | 12:30PM - 1:30PM Home Zone Ages 4-12 | 10:00AM - 10:45AM Hoops for Youth Ages 9-12 | 10:00AM - 11:00AM Youth Volleyball Ages 10-14 |
| 6:15PM - 7:00PM Youth Pickleball Ages 8-12 | | 5:00PM - 5:45PM Youth Defense Ages 12-15 | 6:00PM - 6:45PM Jr. Hoops Ages 6-9 | | 11:00AM - 11:45AM Active Adventures Ages 5-7 | 1:00PM - 2:00PM Outdoor Adventures Ages 8-12 |
| | | 6:00PM - 7:00PM Obstacle Alley Ages 8-12 | | | | |

Drop-In Child and Youth Programs

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|----------|--------|
| 5:00PM - 6:00PM Rock Wall Ages 6-12 | | 5:00PM - 6:00PM Arriba Ages 12+ | | | | |
| 5:00PM - 6:00PM Family Gym | 5:00PM - 7:00PM Fun Zone Ages 3-10 | 5:00PM - 7:00PM Rock Wall Ages 6-12 | 5:00PM - 7:00PM Fun Zone Ages 3-10 | 7:00PM - 9:00PM Rock Wall Ages 6-12 | | |



Registered Programs

ACTIVE ADVENTURES

Children will develop a deeper appreciation for the great outdoors! Engaging in various outdoor sports, participants will gain the benefits of physical activity, social interaction and a connection with the natural world.

CRAFTY KIDS

Children ages 4-6 will get creative with various crafts based on a theme each week. Great activity to build hand and eye coordination and manual dexterity

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.

HOME ZONE

This program is designed for children who are home-schooled with a focus on physical fitness, coordination and teamwork. Program is lead by trained staff to ensure a safe and supportive environment for participants.

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. HOOPS

This program introduces youth to developing coordination, dribbling, and skills mastery through drills and coaching in the world of basketball.

OBSTACLE ALLEY

Each week we challenge youth to push themselves through new obstacles such as climbing, high jumps, using speed and agility to achieve greatness.

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!

SENSORY SPROUTS

Engage your toddler's senses with fun, hands-on craft activities! Offers simple, age-appropriate projects that explore textures, colours, and shapes, helping little ones develop fine motor skills & creativity. Parents or caregivers can join the fun!

TUMBLE TOTS

Children with a caregiver will roll, tumble, and climb. Children develop their balance, coordination and flexibility.

YOUTH DEFENSE

This confidence boosting program will encourage self awareness and ability to overcome common challenges faced in youth and in the community.

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.

Drop-In Programs

ARRIBA

A non-registered high-energy dance-based fitness party that focuses on the basic Latin rhythms with a splash of Bollywood, Belly Dance and Hip Hop. If you can move your feet and hips then you'll be sure to enjoy this class!!!

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.

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