

FAMILY PROGRAMMING SCHEDULE

September 9 - November 3, 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-9:30pm
Saturday	6:00am-7:00pm
Sunday	7:00am-6:00pm

Holiday Hours (No Classes)

September 2	October 14
7:00am-5:00pm	


■ Mothers of Newborn Membership Class.

■ Play Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00PM - 1:00PM Parent & Tot Swim**	10:00AM - 11:00AM Tumble Tots	10:00PM - 1:00PM Parent & Tot Swim**	10:15AM - 11:00AM *Baby Water Bootcamp	10:30AM - 11:30AM My Time With Dad
1:00PM - 2:00PM Sensory Sprouts	11:15AM - 12:00PM *Mom and Baby Fitness	11:15AM - 12:00PM *Baby Water Bootcamp	11:15AM - 12:00PM *Mom & Baby Yoga	11:00AM - 1:00PM Parent & Tot Swim**	September 14 October 12
1:30PM - 2:15PM *Stroller Strong				1:30PM - 2:15PM *Stroller Strong	
5:00PM - 6:00PM Family Gym		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/ 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

MOM AND BABY 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: Outside

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

SENSORY SPROUTS

Engages senses with fun, hands on craft activities! Includes simple, age appropriate projects that explore textures, colours and shapes, helping little ones develop fine motor skills and creativity. Parents/Caregivers can join in on the fun! Location: Play Centre

TUMBLE TOTS

Children with a caregiver will roll, tumble, climb and more! Children will gain self awareness, balance, coordination and flexibility. Location: Gymnasium

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