



**YMCA Northumberland
Cobourg**

339 Elgin Street West
Cobourg, ON

Shine On

COBOURG FACILITY HOURS

Monday - Friday

5:00am - 9:00pm

Saturday

6:00am - 7:00pm

Sunday

7:00am - 6:00pm

CHILD + YOUTH PROGRAMS

November 4 - December 22, 2024

Registration open Monday, October 21

7 week session starts week of Nov. 4

**For Members, 1 Free Registered Class is included per session.
Fees apply for additional classes or for Non-Members.**

Fees for 7 weeks: 45 minute class - \$64.50 | 60 minute class - \$70.45

■ Pool

■ Gymnasium

■ AS Room

■ Play Centre

■ Upstairs Studio

■ Kitchen

■ Outside

No programs offered on holidays (see Holiday Hours)

Play Centre Child Minding (Provided for a small fee per hour)

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

3:00PM - 9:00PM

1:30PM - 5:00PM

11:00AM - 9:00PM

1:00PM - 7:00PM

11:00AM - 8:00PM

9:00AM - 6:00PM

11:00AM - 6:00PM

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 - 6:00PM

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
Youth Basketball

2:30PM - 5:00PM
Youth Basketball

3:00PM - 5:00PM
Youth Basketball

2:30PM - 5:00PM
Youth Basketball

11:00AM - 6:00PM
Open Gym

11:30AM - 5:00PM
Open Gym

7:00PM - 9:00PM
Open Gym

7:00PM - 9:00PM
Open Gym

Registered Child and Youth Programs

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

3:00PM - 3:45PM
Sensory Sprouts
Ages 1-3

5:00PM - 5:45PM
Little Athletes
Ages 3-5

10:00AM - 11:00AM
Home Zone
Ages 4-12

5:00PM - 5:45PM
Youth Defense
Ages 12-15

6:00PM - 7:00PM
Obstacle Alley
Ages 6-9

2:00PM - 3:00PM
Home Zone
Ages 4-12

5:00PM - 5:45PM
Jr. Hoops
Ages 6-8

6:00PM - 6:45PM
Jr. Hoops
Ages 9-12

12:30PM - 1:30PM
Home Zone
Ages 4-12

5:00PM - 6:00PM
Craft Corner
Ages 7-9

5:00PM - 7:00PM
Youth Impact Network
Tutor Workshops
Ages 6-12
Nov. 1 & Dec. 6

10:00AM - 10:45AM
Crafty Kids
Ages 4-6

11:00AM - 11:45AM
Active Adventures
Ages 5-7

12:30PM - 1:30PM
STEM Explorers
Workshops
Ages 7-9
Nov. 16, 23, & 30

10:00AM - 11:00AM
Youth Volleyball
Ages 10-14

Drop-In Child and Youth Programs

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

5:00PM - 6:00PM
Family Gym

5:00PM - 7:00PM
Fun Zone
Ages 3-10

5:00PM - 6:00PM
Arriba
Ages 12+

5:00PM - 7:00PM
Fun Zone
Ages 3-10

5:00PM - 6:00PM
Rock Wall
Ages 6-12

5:00PM - 6:00PM
Rock Wall
Ages 6-12

6:30PM - 8:00PM
Rock Wall
Ages 6-12

10:00AM - 11:00AM
Rock Wall
Ages 6-12



Registered Programs

ACTIVE ADVENTURES

Children 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

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.

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.

STEM EXPLORERS WORKSHOPS

Workshop for children aged 7-9 with a keen interest in science! Runs November 16, 23 and 30. Register for 1, 2 or all 3 times. \$5/workshop for Members. \$11/workshop for Non Members.

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!

TUMBLING 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.

YOUTH IMPACT NETWORK TUTOR WORKSHOPS

Need extra help with your homework? Volunteers from the Youth Impact Network will be available on the listed dates to help for ages 6 to 12. Free for Members. \$5 for Non Members.

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.

Youth Dances

GRADE 6 - 8

Friday, November 15 - Fashion Disaster Dance

Friday, December 13 - Silver & Gold Dance

FREE FOR MEMBERS / \$7.00 FOR NON MEMBERS

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