

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

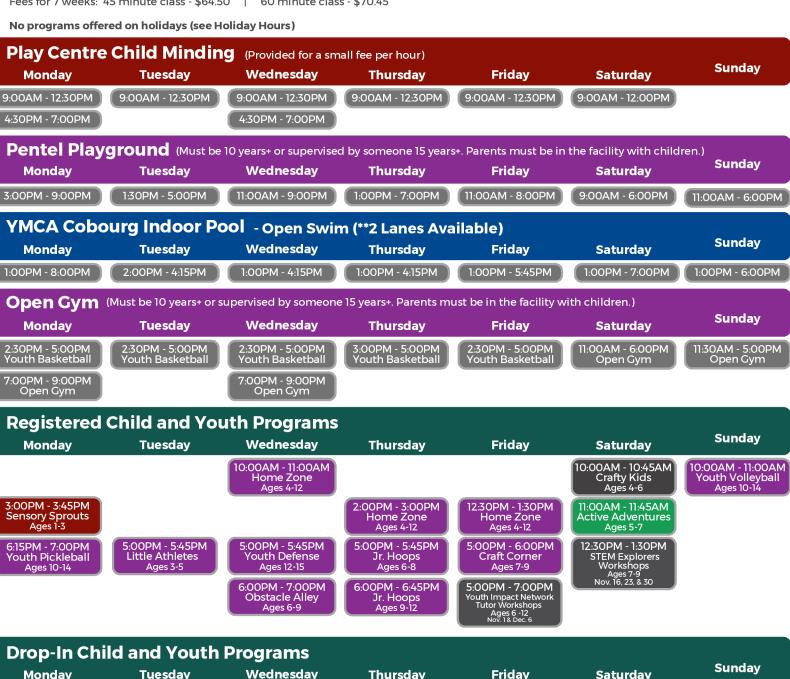
Registration open Monday, October 21

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 AS Room Play Centre Gymnasium Upstairs Studio Kitchen Outside



Monday Thursday 5:00PM - 6:00PM 5:00PM - 6:00PM

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

Family Gym

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

Arriba Ages 12+

5:00PM - 6:00PM Rock Wall

Ages 6-12

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

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

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



YMCA Northumberland Cobourg 339 Elgin Street West Cobourg, ON

Class Descriptions

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.

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, cordination 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 rythyms 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