



YMCA Northumberland Cobourg

339 Elgin Street West
Cobourg, ON

CHILD + YOUTH PROGRAMS

January 6 - March 9, 2025

Registration now open!

9 week session starts week of Jan. 6

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

Fees apply for additional classes or for Non-Members.

Fees for 9 weeks: 45 minute class - \$97.50 | 60 minute class - \$108.00

COBOURG FACILITY HOURS

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

HOLIDAY HOURS

Monday, Feb. 17 7:00am - 5:00pm
No programs offered on holidays.

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

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 yrs+ or supervised by someone 15 yrs+. 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 - 8:00pm 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 yrs+ or supervised by someone 15 yrs+. Parents must be in the facility with children.)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

3:00PM - 5:00PM Youth Basketball 2:30PM - 5:00PM Open Gym 2:30PM - 5:00PM Youth Basketball 2:30PM - 5:00PM Open Gym 2:30PM - 9:00PM Open Gym 5:00pm - 6:00PM Open Gym 11:00AM - 5:00PM Open Gym

7:00PM - 9:00PM Open Gym

Registered Child and Youth Programs

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

6:00PM - 7:00PM Youth Pickleball Ages 10 - 14 5:00PM - 5:45PM Little Athletes Ages 3-5 10:15AM - 11:00AM Home Zone Ages 4-12 6:00PM - 7:00PM Thrive Athletics Ages 10-14 12:30PM - 1:30PM Home Zone Ages 4-12yrs 10:00AM - 10:45AM Crafty Kids Ages 4-6 10:00AM - 11:00AM Youth Volleyball Ages 10-14

5:00PM - 5:45PM Music and Movement Ages 2-4

1:00PM - 1:45PM Outdoor Adventures Ages 8-12

3:00PM - 4:00PM Sensory Sprouts Ages 1-3

11:00AM - 11:45AM Active All Stars Ages 6-9

Drop-In Child and Youth Programs

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

5:00PM - 6:00PM Rock Wall Ages 6-12 5:00PM - 7:00PM Fun Zone Ages 3-10 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 11:00AM - 12:00PM Rock Wall Ages 6-12



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Cobourg**

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Class Descriptions

CHILD + YOUTH PROGRAMS

January 6 - March 9, 2025

Registered Programs

ACTIVE ALL STARS (AGES 6-9)

Each week participants will enjoy learning skills with multiple sports such as Floor Hockey, Basketball, and Volleyball. This will give an opportunity for children to try new things and build on their drive for Sports they already enjoy!

CRAFTY KIDS (AGES 4-6)

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 (AGES 4-12)

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.

LITTLE ATHLETES (AGES 3-5)

An opportunity for ages 3-5 to learn fundamental skills essential for developing into organized sports. Children will develop friendships, teamwork and sportsmanship.

MUSIC AND MOVEMENT (AGES 2-4)

We will focus on the development of Motor Skills, emotional expression, social skills all while moving and grooving to age appropriate activities that include Music and Movement!

OUTDOOR ADVENTURES (AGES 8-12)

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 (AGES 1-3)

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!

THRIVE ATHLETICS (AGES 10-14)

This program is designed to further train athletes in skill development and improve agility, endurance and strength.

YOUTH PICKLEBALL (AGES 10-14)

This is an introductory program to the game of pickleball for youth ages 10-14 years. Pickleball is a popular racquet sport that is enjoyed by all ages.

YOUTH VOLLEYBALL (AGES 10-14)

Participants will be put into teams for a game of pick up volleyball. Enjoy an evening of skill development, fun and social time.

Drop-In Programs

FUN ZONE (AGES 3-10)

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 (AGES 6-12)

Rock climbing creates body and builds strength, mobility and coordination. Challenges, games and self discovery!

YOUTH DANCES

Friday, February 7 - Cupids Ball
Friday, March 7 - Team Spirit

FREE FOR MEMBERS / \$7.20 FOR NON MEMBERS

YOUTH WORKSHOPS

Learn to Macrame

Ages 10-14 years | \$15.00 Members/\$30.00 Non-Members
10am - 11am on January 19, 26 and February 2

Red Cross Stay Safe

Ages 9-12 years | \$40.00 Members/\$65.00 Non-Members
9am - 3pm on January 4

Baked with Love!

Ages 6-8 years | \$5.00 Members/\$10.00 Non-Members
6pm - 7:30pm on February 13

Special Program: Introductory Karate

Ages: 6-12 years
Dates: 9 week session starts on Wednesday, January 22
Choose from two time slots: 6:00-7:00pm OR 7:00-8:00pm
Fees: Members = \$30 / Non members = \$63

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 at 905.372.0161 or leanne.clarke@nrt.ymca.ca