



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

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.

FAMILY PROGRAMMING SCHEDULE

January 6 - March 9, 2025

Schedules subject to change

Members: Free

Non-Members: \$10.00 per class

**Cobourg Pool Share

Other Family Classes.
Locations vary.


Mothers of Newborn Membership Class.
Locations vary.

Play Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00PM - 1:00PM Parent & Tot Swim**		10:00PM - 1:00PM Parent & Tot Swim**	11:00AM - 12:00PM Parent & Tot Swim**	10:30AM - 11:30AM My Time With Dad
11:15AM - 12:00PM Baby Water Bootcamp**	11:15AM - 12:00PM Mom and Baby Fitness	11:15AM - 12:00PM Baby Water Bootcamp**	11:30AM - 12:15PM Mom & Baby Yoga	11:30PM - 12:15PM Mom & Baby Circuit	January 11 February 15 March 8
			5:00pm - 5:45pm Music & Movement Ages 2-4		3:00pm - 4:00pm Sensory Sprouts Ages 1-3

Class Descriptions

MOTHERS OF NEWBORN (MON) MEMBERSHIP CLASSES

 All classes are for children under 1 years old. Must be part of the MON Membership. Visit ymcanrt.org/activities/mothers-of-newborns-program/

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 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

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 & BABY CIRCUIT

Weekly circuit to get one well rounded workout. that incorporates free weights, cardio equipment, and CrossFit style stations. Babies are welcome in strollers, or bring some toys for them to play with. Location: Gymnasium

OTHER FAMILY CLASSES

Classes are for children over 1 years of age. No registration is required.

MY TIME WITH DAD

An opportunity for Dad to spend quality time with their 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

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!

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