



# YMCA Northumberland Cobourg

339 Elgin Street West  
Cobourg, ON

## Facility Hours

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

## Holiday Hours

**Friday, April 18** 7:00am - 5:00pm  
**Monday, May 19** 7:00am - 5:00pm

**\*\*No Classes on Holidays**

# CHILD + YOUTH PROGRAMS

## March 17 - May 30, 2025

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

■ 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	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
6:00am - 8:30am	6:00am - 8:30am	6:00am - 8:30am	6:00am - 8:30am	6:00am - 8:30am	11:00am - 7:00pm	7:00am - 5:00pm
1:30PM - 5:00PM	2:30pm - 9:00PM	11:00AM - 6:00pm	1:00PM - 7:00PM	11:00AM - 8:00PM		
7:00pm - 8:00pm						

\*Pentel Playground structure open and closed times based on other gym programming.

### Cobourg Y Indoor Pool Open Swim (2 Lanes Available)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00PM - 7:45pm	2:00PM - 4:15PM	1:00PM - 4:15PM	1:00PM - 4:15PM	1:00PM - 8:00pm	1:00PM - 7:00PM	1:00PM - 6:00PM

### 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
5:00am - 8:30am Open Gym	5:00am - 8:30am Open Gym	5:00am - 8:30am Open Gym	5:00am - 8:30am Open Gym	5:00am - 8:30am Open Gym		
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 - 7:00pm Open Gym	11:00am - 7:00pm Open Gym	11:00am - 6:00pm Open Gym
7:00PM - 9:00PM Open Gym		8:00pm 9:00pm Open Gym				

### Registered Child and Youth Programs Fees for 9 weeks: 45 minute class - \$97.50 | 60 minute class - \$108.00

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 Active All Stars Ages 6-8	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 Builders Club Ages 6-9	5:00pm - 5:45pm Music & Movement Ages 2-4		1:00pm - 1:45pm Outdoor Adventures Ages 8-12	
		6:00pm - 7:00pm Karate Ages 6-12				
		7:00pm - 8:00pm Karate Ages 6-12				

### 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	12:00pm - 1:00pm Rock Wall Ages 6-12	



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# Class Descriptions

## CHILD + YOUTH PROGRAMS

March 17 - May 30, 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!

#### BUILDERS CLUB (AGES 6-9)

Each week participants will be challenged at a new skill building and brainstorming set of supplies to create into their own masterpieces! Challenge Accepted.

#### 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.

#### KARATE (AGES 6-12)

This introductory program includes learning karate fundamentals while building self-discipline, confidence and respect for fellow 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 planned.

#### 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!

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

### YOUTH DANCES

Friday, April 11 - Wildflower Wonderland  
Friday, May 9 - Rockin' Retro Night

FREE FOR MEMBERS | \$7.50 FOR NON MEMBERS

### YOUTH WORKSHOPS

#### Mindfulness and Malas: Create Malas & enjoy yoga!

Ages 8-12 years | FREE Members | \$10 Non-Members  
6:30pm - 8:00pm on Monday, April 14

#### Kids Night Out: Swim, Pizza and Play!

Ages 4-9 years | \$10 Members | \$18 Non-Members  
5:30pm - 8:30pm on Friday, May 2

### 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 BASKETBALL (AGES 10-14)

Drop into the gym for a game of pick up basketball. Join us for some fun active time with other youth.



### 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](mailto:leanne.clarke@nrt.ymca.ca)