

### Facility Hours

|                      |                        |
|----------------------|------------------------|
| <b>Monday-Friday</b> | <b>5:00am - 9:30pm</b> |
| <b>Saturday</b>      | <b>6:00am - 7:00pm</b> |
| <b>Sunday</b>        | <b>7:00am - 6:00pm</b> |

## MARCH BREAK GYM & POOL SCHEDULE

Mon. March 10 - Sun. March 16, 2025

### Play Centre Child Minding (Provided for a mall 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 |          |        |

### Pentel Playground (Children 10 yrs. and younger must be supervised by someone 12 yrs. & older. Parents must be in the facility with children.)

| Monday          | Tuesday          | Wednesday         | Thursday          | Friday          | Saturday         | Sunday           |
|-----------------|------------------|-------------------|-------------------|-----------------|------------------|------------------|
| 1:30pm - 5:00pm | 12:00pm - 2:00pm | 10:00am - 11:00am | 10:00am - 11:00am | 3:00pm - 9:00pm | 9:00am - 11:00am | 9:00am - 11:00am |
| 6:00pm - 9:00pm | 3:00pm - 7:00pm  | 12:00pm - 9:00pm  | 12:00pm - 7:00pm  |                 |                  |                  |

### Open Gym (Children 10 years and younger must be supervised by someone 15 years & older.)

| Monday          | Tuesday         | Wednesday        | Thursday         | Friday          | Saturday        | Sunday |
|-----------------|-----------------|------------------|------------------|-----------------|-----------------|--------|
| 1:30pm - 9:00pm | 2:30pm - 5:00pm | 12:00pm - 9:00pm | 12:00pm - 9:00pm | 3:00pm - 9:00pm | 5:00pm - 7:00pm |        |

### Drop-In Child and Youth Programs (Non-member drop-in fees apply)

| Monday  | Tuesday                                  | Wednesday                                       | Thursday | Friday | Saturday  | Sunday  |
|---|--|---|----------|--------|---|---|
| 5:00pm - 6:00pm<br>Rock Climbing<br>Ages 6-12 | 5:00pm - 7:00pm<br>Fun Zone<br>Ages 3-12 | 10:30am - 12:00pm<br>Rock Climbing<br>Ages 6-12 |          |        | 10:00am - 11:00am<br>Youth Pickleball<br>Ages 10-14 | 10:00am - 11:00am<br>Youth Volleyball<br>Ages 10-14 |

### Aquatics Schedule (\* 1 Lane Available, \*\* 2 Lanes Available)

| Monday                                     | Tuesday                                    | Wednesday                                  | Thursday                                 | Friday                                     | Saturday                               | Sunday                          |
|--|--|--|--|--|--|---------------------------------|
| 5:15am - 8:15am<br>Lane Swim               | 5:15am - 6:15am<br>Lane Swim               | 5:15am - 8:15am<br>Lane Swim               | 5:15am - 6:15am<br>Lane Swim             | 5:15am - 8:45am<br>Lane Swim               |  |                                 |
|  | 6:30am - 7:15am<br>Water Power Fitness     |  | 6:30am - 7:15am<br>Water Power Fitness   |  | 6:30am - 7:15am<br>Water Power Fitness |                                 |
| 8:30am - 9:15am<br>AquaFit                 | 7:15am - 8:45am<br>Lane Swim               | 8:30am - 9:15am<br>AquaFit                 | 7:30am - 8:45am<br>Lane Swim             |  | 7:30am - 12:00pm<br>Lane Swim          | 7:00am - 9:00am<br>Lane Swim    |
| 9:30am - 10:15am<br>AquaFit                | 9:00am - 9:45am<br>AquaFit                 | 9:30am - 10:15am<br>AquaFit                | 9:00am - 9:45am<br>AquaFit               | 9:00am - 9:45am<br>AquaFit                 |  | 9:00am - 9:45am<br>Sensory Swim |
| 10:30am - 1:00pm<br>Parent & Tot/Lane Swim | 10:00am - 1:00pm<br>Parent & Tot/Lane Swim | 10:30am - 1:00pm<br>Parent & Tot/Lane Swim | 10:00am - 1:00pm<br>Camp Swim/Leadership | 10:00am - 1:00pm<br>Parent & Tot/Lane Swim |  | 10:00am - 5:00pm<br>Open Swim   |
| 1:00pm - 2:00pm<br>Camp Swim/Leadership    | 1:00pm - 2:00pm<br>Camp Swim/Leadership    | 1:00pm - 2:00pm<br>Camp Swim/Leadership    | 1:00pm - 2:00pm<br>Camp Swim/Leadership  | 1:00pm - 2:00pm<br>Camp Swim/Leadership    | 12:00pm - 7:00pm<br>Open Swim          |                                 |
| 2:00pm - 7:45pm<br>Open Swim**             | 2:00pm - 8:00pm<br>Open Swim**             | 2:00pm - 8:00pm<br>Open Swim**             | 2:00pm - 7:45pm<br>Open Swim**           | 2:00pm - 8:00pm<br>Open Swim**             |  |                                 |
| 7:45pm - 8:45pm<br>Underwater Hockey       | 8:00pm - 9:00pm<br>Lane Swim               | 8:00pm - 9:00pm<br>Lane Swim               | 7:45pm - 8:45pm<br>Underwater Hockey     | 8:00pm - 9:00pm<br>Lane Swim               |  |                                 |

### Workshops

\*Require registration

**Stem Explorers:** Thurs. Mar. 13 from 5:30-7pm

**Kids Night Out:** Fri. Mar. 14 from 5:30-8:30pm

**Red Cross Babysitting / Leadership Course**

Mon. Mar 10. to Thurs. Mar. 13



# YMCA Northumberland Cobourg

Shine On

339 Elgin Street West  
Cobourg, ON

## MARCH BREAK GYM & POOL SCHEDULE

Mon. March 10 - Sun. March 16, 2025

### Facility Hours

Monday-Friday 5:00am - 9:30pm

Saturday 6:00am - 7:00pm

Sunday 7:00am - 6:00pm

## Child + Youth Drop-in Programs

### Fun Zone

**AGES 3-12 years**

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

### Open Gym

**ALL AGES**

Come play in our Gymnasium! Open gym is available for families to play and have some fun!

### Rock Climbing

**AGES 6-12 years**

Drop in and challenge your rock climbing skills! Benefits include muscle building, flexibility, balance, problem solving and more! Staff will be there to belay and coach participants on the Rock Wall..

### Youth Pickleball

**AGES 10-14 years**

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 years**

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

**For Workshop descriptions,  
please view details online here:**



<https://ymcanrt.org/activities/child-youth-programs/>

### PCC Youth Access Conditions of Use for 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.

For the health and safety of all users, there will be no exceptions.

## Aquatic / Pool Programs

Members: Free

Non-Members: Day Pass Rates Apply

### Water Power Fitness

This class welcomes all fitness levels and is designed to improve your cardio, strength, and range of motion in the comfort of water.

### Aquafit

An excellent low impact, calorie burning, full body workout that is gentle on the joints and great for participants recovering from injuries.

### Parent & Tot Swim

Pool Share non-instructional swim for parents/caregivers in the shallow end of the pool.

### Underwater Hockey:

A non-contact pool sport where players dive to get sticks on a puck & score on the opposing team's net.

**LANE SWIM:** Pool for Lane Swimming in all lanes.

**OPEN SWIM:** Pool open for all patrons with some lanes set up for laps as indicated by \* = # Lanes.

**POOL SHARE:** Shared use of pool with Lane Swim, Registered Programming and/or Birthday Parties.

**SENSORY SWIM:** A serene all-ages open swim with no music & natural lighting.

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