



# YMCA Northumberland Cobourg

339 Elgin Street West  
Cobourg, ON

## Facility Hours

**COBOURG**

|                 |                 |
|-----------------|-----------------|
| Monday - Friday | 5:00AM - 9:30PM |
| Saturday        | 6:00AM - 7:00PM |
| Sunday          | 7:00AM - 6:00PM |

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

[ymcanrt.org](http://ymcanrt.org)

## CHILD + YOUTH PROGRAMS

**June 1 - June 28, 2025**

Registration Required. Registration opens Tuesday, May 20, 2025

For Members, 1 Free Registered Class is included per session. Fees apply for additional classes or for Non-Members.

■ 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<br>4:30PM - 7:00PM | 9:00AM - 12:30PM<br>4:30PM - 7:00PM | 9:00AM - 12:30PM<br>4:30PM - 7:00PM | 9:00AM - 12:30PM<br>4:30PM - 7:00PM | 9:00AM - 12:30PM | 9:00AM - 12:00PM |        |

### 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<br>1:30PM - 5:00PM<br>7:00PM - 8:00PM | 6:00AM - 8:30AM<br>2:30PM - 9:00PM | 6:00AM - 8:30AM<br>11:00AM - 5:00PM<br>6:00PM - 8:00PM | 6:00AM - 8:30AM<br>1:00PM - 7:00PM | 6:00AM - 8:30AM<br>11:00AM - 8:00PM | 11:00AM - 7:00PM | 7:00AM - 6:00PM |

\*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 | 1:00PM - 4:15PM | 1:00PM - 4:15PM | 1:00PM - 4:15PM | 1:00PM - 8:00PM | 12:00PM - 7:00PM | 11:00AM - 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                   |
|--|--|---|---|---|---------------------------|--------------------------|
| 5:00AM - 8:30AM Open Gym<br>1:30PM - 3:00PM Open Gym<br>3:00PM - 5:00PM Youth Basketball<br>6:00PM - 9:00PM Open Gym | 5:00AM - 8:30AM Open Gym<br>2:30PM - 6:45PM Open Gym | 5:00AM - 8:30AM Open Gym<br>11:15AM - 2:30PM Open Gym<br>2:30PM - 5:00PM Youth Basketball<br>5:00PM - 9:00PM Open Gym | 5:00AM - 8:30AM Open Gym<br>12:30PM - 5:00PM Open Gym | 5:00AM - 8:30AM Open Gym<br>12:30PM - 7:00PM Open Gym | 11:00AM - 7:00PM Open Gym | 7:00AM - 6:00PM Open Gym |

### Registered Child and Youth Programs

Fees for 4 weeks: Free for Members | \$43.50 for Non-members

| Monday | Tuesday | Wednesday                             | Thursday                                  | Friday  | Saturday  | Sunday |
|--------|---------|---------------------------------------|---|---|---|--------|
|        |         | 10:15AM - 11:00AM Home Zone Ages 4-12 | 5:30PM - 6:15PM Active All Stars Ages 6-9 | 10:00AM - 10:45AM Rock, Tumble & Roll Ages 1-3yrs | 10:00AM - 10:45AM Crafty Kids Ages 4-6<br>11:00AM - 11:45AM Pickle This! Ages 7-9 |        |

Pickle This Fees:  
Members: \$20.00  
Non-members: \$58.00

### 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 3-12 | 2:00PM - 4:00PM Stay & Play Ages 5 & Under<br>5:00PM - 6:00PM Rock Wall Ages 6-12 | 5:00PM - 7:00PM Fun Zone Ages 3-10 | 2:00PM - 4:00PM Stay & Play Ages 5 & Under |          |        |



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# Class Descriptions

## CHILD + YOUTH PROGRAMS

June 1 - June 28, 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:

##### SHUTTLE THROUGH TIME (AGES 4-6)

Sign up for this program with a time travel theme. Each week participants will get to get their hands messy with creating a new craft all in a different time era!

#### PICKLE THIS! (AGES 7-9)

Sign up for 4 weeks of Pickle themed recipes, all while building cooking, safety and food handling skills. Each week participants get to try the recipes or bring home to share!

#### ROCK, TUMBLE AND ROLL (AGES 1-3)

Sign up for this fun and engaging time to help your child join the world of gymnastics with easy beginners challenges and engaging group activities.

### 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!

#### STAY AND PLAY (AGES 5 & UNDER)

Come on by the Play Centre and let your little one explore what we have to offer from sensory toys to seasonal crafts! Stay and play with your child and meet new friends or meet your current ones and have a safe place to play together!

### YOUTH DANCES

Friday, June 13 - School's Out

FREE FOR MEMBERS | \$7.50 FOR NON MEMBERS

### YOUTH WORKSHOPS

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

Ages 4-11 years | \$10 Members | \$18 Non-Members  
5:30PM - 8:30PM on Friday, June 6

#### Father's Day Fun: Road Hockey and Crafts!

Free to Attend  
1:00PM - 3:00PM on Friday, June 14

### RED CROSS COURSES

See website for more details

#### Red Cross Babysitting Course:

Ages 11-15 years | \$75 Members | \$95 Non-Members  
5:30PM - 7:00PM | Tuesdays - June 3 to June 24, 2025

#### Red Cross Stay Safe! Course:

Ages 8-11 years | \$40 Members | \$65 Non-Members  
5:30PM - 6:30PM | Wednesdays - June 4 to June 25, 2025



### 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)