



# YMCA Northumberland Cobourg

339 Elgin Street West  
Cobourg, ON

## CHILD + YOUTH PROGRAMS

June 30 - September 7, 2025

Registration opens June 16, 2025 for Registered Programs

For Members, 1 Free Regular Registered Class is included per session. Fees Apply for Additional Classes, Extra-Fee Classes\* or for Non-Members. Regular Fees: \$43.50 for 4 wks.

### Play Centre Child Minding

(Provided for a small fee per hour)

|                  |                  |
|------------------|------------------|
| <b>Monday</b>    | 9:00AM - 12:30PM |
| <b>Tuesday</b>   | 9:00AM - 12:30PM |
| <b>Wednesday</b> | 9:00AM - 12:30PM |
| <b>Thursday</b>  | 9:00AM - 12:30PM |
| <b>Friday</b>    | 9:00AM - 12:30PM |

No Programs on Holidays, Jul. 1, Aug. 4, & Sept. 1 2025

■ Gymnasium ■ Centennial Pool ■ Indoor Pool ■ AS Room ■ Ground Level Studio ■ Play Centre ■ Outside

### 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 |                  | 7:00AM - 5:00PM |
| 1:00PM - 9:00PM | 1:00PM - 9:00PM | 1:00PM - 9:00PM | 1:00PM - 9:00PM | 1:00PM - 9:00PM | 11:00AM - 7:00PM |                 |

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

### 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 | 5:00AM - 8:30AM | 5:00AM - 8:30AM   | 5:00AM - 8:30AM | 5:00AM - 8:30AM |                  | 7:00AM - 5:00PM |
|                 |                 | 10:00AM - 11:00AM | 2:00PM - 7:00PM | 2:00PM - 7:00PM | 11:00AM - 7:00PM |                 |
| 6:00PM - 9:00PM |                 | 5:00PM - 9:00PM   | 8:30PM - 9:00PM |                 |                  |                 |

### Registered Child and Youth Programs (4 week sessions)

**Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday** **Sunday**

Regular Fees are Free for Members for one class | \$43.50 for Non-Members or additional Member classes, unless otherwise stated.

#### REGISTERED PROGRAMS JUNE 30 - JULY 30, 2025

5:00PM - 5:45PM  
Little Athletes  
Ages 3-5

5:00PM - 6:00PM  
Cooking with Colour\*  
Ages 6-8

Cooking with Colour Fee:  
Members: \$20.00  
Non-Members: \$58.00

10:00AM - 10:45AM  
Mini Makers  
Ages 2-4

10:00AM - 11:00AM  
Youth Volleyball  
Ages 9-12

#### REGISTERED PROGRAMS JULY 31 - AUGUST 30, 2025

6:00PM - 7:00PM  
Racquets for Kids  
Ages 8-12

5:00PM - 6:00PM  
Garden Goodies\*  
Ages 3-5

Garden Goodies Fee:  
Members: \$20.00  
Non-Members: \$58.00

10:00AM - 10:45AM  
Crafty Kids  
Ages 5-7

### Drop In Child and Youth Programs

**Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday** **Sunday**

2:00PM - 5:00PM  
Youth Basketball  
Ages 10-14

5:00PM - 7:00PM  
Fun Zone  
Ages 3-10  
(Starts July 8)

2:00PM - 5:00PM  
Youth Basketball  
Ages 10-14

5:00PM - 6:00PM  
Rock Wall  
Ages 6-12

### Mothers of Newborn (MON) Membership Classes (Must be registered in the program to participate)

**Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday** **Sunday**

11:15AM - 12:00PM  
Baby Water Bootcamp

11:15AM - 12:00PM  
Mom & Baby Fitness

11:15AM - 12:00PM  
Baby Water Bootcamp

11:15AM - 12:00PM  
Mom & Baby Yoga

11:00AM - 11:45AM  
Mom & Baby Stroller Fit

Schedules subject to change.



**YMCA Northumberland  
Cobourg**

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## Class Descriptions

### CHILD + YOUTH PROGRAMS

June 30 - September 7, 2025

#### Registered Programs (Registration opens June 16, 2025)

##### REGISTERED PROGRAMS JUNE 30 - JULY 30, 2025

###### COOKING WITH COLOUR (AGES 6-8)\*

Sign up for this 4 week session, and let your child learn about the importance of having a colourful plate and how healthy food can fuel your energy while being fun at the same time!

###### LITTLE ATHLETES (AGES 3-5)

Kids learn fundamental sport skills essential for developing into organized sports. Children will develop friendships, teamwork and sportsmanship.

###### MINI MAKERS (AGES 2-4)

Sign up for a 4 week session and have fun with a new craft each week, get your hands messy and make new friends!

###### YOUTH VOLLEYBALL (AGES 9-12)

Each week, participants will grow their volleyball skills through drills, teamwork and game play. All levels are welcome!

##### REGISTERED PROGRAMS JULY 31 - AUGUST 30, 2025

###### CRAFTY KIDS:

###### SUPER HERO STUDIOS (AGES 5-7)

Each week our little super heroes get to make a piece of their super hero costume, and by the end they will be able to reveal themselves as a super kid!

###### GARDEN GOODIES (AGES 3-5)\*

Join us for this 4 week session where each week recipes will be made up with ingredients from our very own garden, and discover the variety of fun recipes from Farm to Table!

###### RACQUETS FOR KIDS (AGES 8-12)

Each week participants will grow their basic racquet skills based in Pickleball, and in Squash. All levels are welcome!

**For Members, 1 Free Regular Class is included per session.**

*Fees Apply for Additional Classes, Extra-Fee Classes\* or for Non-Members. Regular Fees: \$43.50 for 4 weeks*

*\*Extra Fee Classes:*

- Garden Goodies @ Members \$20 / Non-Members \$58

- Cooking with Colour @ Members \$20 / Non-Members \$58

#### 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 awareness, builds strength, mobility and coordination. It's full of challenges, games and self discovery too!

###### 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.

#### Mothers of Newborn (MON) Membership Classes (Registered 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 favourite!!!

Location: Centennial Pool

###### 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 STROLLER FIT

This class is designed for parents with younger children who can remain in their stroller. You will increase muscular and cardiovascular strength in this boot camp-style class.

Location: Outside

###### 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: Downstairs Studio

All classes are for children under 1 years old. Must be registered in the MON Program. Scan here or visit:

[ymcanr.org/activities/mothers-of-newborns-program/](http://ymcanr.org/activities/mothers-of-newborns-program/)



###### IMPORTANT: Youth Access Policy

Scan for details regarding how Youth Ages 10 to 15 can access our Personal Conditioning Centre.



###### 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)

## YOUTH WORKSHOPS

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

Ages 4-11 years | \$10 Members | \$18 Non-Members

5:30PM - 8:30PM on **Friday, July 18**

5:30PM - 8:30PM on **Friday, August 15**