



YMCA Northumberland Cobourg

339 Elgin Street West
Cobourg, ON

Play Centre Child Minding

(Provided for a small fee per hour)

Monday	9:00AM - 12:30PM
Tuesday	9:00AM - 12:30PM
Wednesday	9:00AM - 12:30PM
Thursday	9:00AM - 12:30PM
Friday	9:00AM - 12:30PM

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

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.

■ 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
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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 access times are based on other gym programming, gym rentals and camp time.

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

Open Gym access times are based on other gym programming, gym rentals and camp time.

Registered Child and Youth Programs

(4 week sessions)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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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
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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
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Drop In Child and Youth Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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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
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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 Strong		
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Schedules subject to change.



**YMCA Northumberland
Cobourg**

339 Elgin Street West
Cobourg, ON

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 STRONG

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/



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

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**