



# YMCA Northumberland Cobourg

339 Elgin Street West  
Cobourg, ON

## CHILD + YOUTH PROGRAMS

September 8 - November 2, 2025

Registration opens August 25, 2025 for Registered Programs

For Members, Regular Registered classes are FREE. Fees Apply for Non-Members and for Special Registered Programs (see details on reverse).

### Play Centre Child Minding

(Provided for a small fee per hour)

|           |                  |                 |
|-----------|------------------|-----------------|
| Monday    | 9:00AM - 12:30PM | 5:00PM - 7:00PM |
| Tuesday   | 9:00AM - 12:30PM | 5:00PM - 7:00PM |
| Wednesday | 9:00AM - 12:30PM | 5:00PM - 7:00PM |
| Thursday  | 9:00AM - 12:30PM | 5:00PM - 7:00PM |
| Friday    | 9:00AM - 12:30PM |                 |
| Saturday  | 9:00AM - 12:30PM |                 |

No Programs on Holiday, October 13, 2025

Gymnasium Upstairs Studio Indoor Pool The Y 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 |
| 2:00PM - 9:00PM | 12:30PM - 9:00PM | 1:00PM - 9:00PM | 12:30PM - 9:00PM | 12:00PM - 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          |
|-----------------|------------------|-----------------|-----------------|------------------|------------------|-----------------|
| 5:00AM - 8:30AM | 5:00AM - 8:30AM  | 5:00AM - 8:30AM | 5:00AM - 8:30AM | 5:00AM - 8:30AM  |                  | 7:00AM - 5:00PM |
|                 | 12:30PM - 7:00PM |                 | 1:00PM - 5:00PM | 12:30PM - 7:00PM | 11:00AM - 7:00PM |                 |
| 5:00PM - 9:00PM |                  | 6:00PM - 9:00PM | 6:00PM - 9:00PM |                  |                  |                 |

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

### Registered Child and Youth Programs (8 week sessions)

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   | Sunday   |
|---|--|--|---|--|--|--|
| 10:00AM - 11:00AM<br>Home Zone Rock Wall<br>Ages 5-12 | 11:15AM - 12:15AM<br>Rock, Tumble & Roll<br>Ages 1-3 | 10:15AM - 11:00AM<br>Home Zone Sports<br>Ages 4-12 | 10:30AM - 11:15AM<br>Home Zone Swim<br>Ages 6-12  |  | 9:00AM - 9:45AM<br>Raquets for kids<br>Ages 8-12 | 9:00AM - 9:45AM<br>Outdoor Adventures<br>Ages 8-12 |
|   |  | 5:00PM - 5:45PM<br>Little Athletes<br>Ages 3-5     |   |  | 10:00AM - 10:45AM<br>Crafty Kids<br>Ages 4-6     | 10:00AM - 11:00AM<br>Youth Volleyball<br>Ages 9-12 |
| 5:30PM - 6:15PM<br>Crafty Kids<br>Ages 7-11           |  | 5:30PM - 6:15PM<br>Karate<br>Ages 6-8              | 5:30PM - 6:15PM<br>Active All Stars<br>Ages 6-8   | 5:30PM - 6:30PM<br>Kids who can climb<br>Ages 6-12 |  |  |
|   |  | 6:30PM - 7:15PM<br>Karate<br>Ages 9-12             | 6:30PM - 7:15PM<br>Thrill of Science<br>Ages 8-12 |  |  |  |

### Drop In Child and Youth Programs

| Monday   | Tuesday                                   | Wednesday  | Thursday | Friday | Saturday                                  | Sunday |
|--|---|--|----------|--------|---|--------|
| 2:00PM - 5:00PM<br>Youth Basketball<br>Ages 9-12 |   | 2:00PM - 5:00PM<br>Youth Basketball<br>Ages 9-12 |          |        |   |        |
| 5:00PM - 7:00PM<br>Funzone<br>Ages 3-10          | 5:00PM - 6:00PM<br>Rock Wall<br>Ages 5-12 | 5:00PM - 7:00PM<br>Funzone<br>Ages 3-10          |          |        | 5:00PM - 6:00PM<br>Rock Wall<br>Ages 5-12 |        |

### 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<br>Baby Water Bootcamp | 11:15AM - 12:00PM<br>Mom & Baby Fitness | 11:15AM - 12:00PM<br>Baby Water Bootcamp | 11:15AM - 12:00PM<br>Mom & Baby Yoga | 11:00AM - 11:45AM<br>Mom & Baby Circuit |          |        |

Schedules subject to change.

# CHILD + YOUTH PROGRAMS

September 8 - November 2, 2025

## Class Descriptions

### Regular Registered Programs

(FREE for Members | Registration opens August 25, 2025)

**For Members, Regular Registered classes are FREE.**

Fees Apply for Non-Members and for Karate & Red Cross courses (see details below).

#### ACTIVE ALLSTARS (AGES 6-8) | FEE \$87

Participants will learn skills for multiple sports such as Floor Hockey, Basketball, and Volleyball. Gives an opportunity for children to try new things and build on their drive for Sports they already enjoy!

#### CRAFTY KIDS (AGES 4-6) | FEE \$87

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.

#### LITTLE ATHLETES (AGES 3-5) | FEE \$87

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

#### HOME ZONE ROCK WALL (AGES 5-12) | FEE \$96

Home School groups will get the chance to climb each week, practicing on techniques of climbing, and bouldering!

#### HOME ZONE SPORTS (AGES 4-12) | FEE \$96

Home School groups will play a different sport each week, with drills and friendship making. Plus finish off with a fun game!

#### HOME ZONE SWIM (AGES 6-12) | FEE \$96

Home School groups will get in the water each week, playing games and small challenges to improve confidence and skills.

### Drop-In Programs

#### FUN ZONE (AGES 3-10)

Non-registered program where parents/guardians can bring their children while they access the facility. Children will participate in gym games and activities.

#### ROCK WALL (AGES 5-12)

Rock climbing creates body awareness, builds strength, mobility and coordination. It's full of challenges, games and self discovery too!

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

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

#### KIDS WHO CAN CLIMB (AGES 6-12) | FEE \$96

Kids will get the chance to grow skills associated with Rock Climbing, and bouldering, we will have new challenges and learn all about the world of facing your fear of heights.

#### RACQUETS FOR KIDS (AGES 8-12) | FEE \$96

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

#### ROCK, TUMBLE AND ROLL (AGES 1-3) | FEE \$87

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.

#### OUTDOOR ADVENTURES (AGES 8-12) | FEE \$87

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.

#### THRILL OF SCIENCE (AGES 8-12) | FEE \$87

Does your child have a passion for science? Each week we will focus on one experiment a week and discussion our results. Science fields include, chemistry, Stem, Physics, and other mysteries of this world!

#### YOUTH VOLLEYBALL (AGES 9-12) | FEE \$96

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

### SPECIAL REGISTERED PROGRAMS

#### Karate Returns this fall:

Wednesdays | 2 Age Groups  
\$60 Members | \$101.35 Non-Members

5:30PM - 6:15PM  
Karate  
Ages 6-8  
Sept. 10 (8 weeks)

6:30PM - 7:15PM  
Karate  
Ages 9-12  
Sept. 10 (8 wks)

#### Red Cross Courses this fall

- Babysitting (8 wks; Mondays)  
\$75 Members | \$95 Non-Members
- Stay Safe (5 wks; Tuesdays)  
\$40 Members | \$65 Non-Members

6:30PM - 8:00PM  
Red Cross  
Babysitting  
Ages 12-15  
Starts Sept. 8

5:00PM - 6:00PM  
Red Cross  
Stay Safe!  
Ages 9-12  
Starts Sept. 9

### MORE YOUTH WORKSHOPS & TEEN DANCES INFO COMING SOON!

### 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 CIRCUIT

Weekly circuit to get one well rounded workout; incorporates free weights, cardio equipment & CrossFit style stations. Babies can join in strollers, or bring toys for them to play with. Location: Gymnasium

#### 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:  
[ymcanrt.org/activities/mothers-of-newborns-program/](http://ymcanrt.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@nrtymca.ca](mailto:leanne.clarke@nrtymca.ca)