



YMCA Northumberland Cobourg

339 Elgin Street West
Cobourg, ON

CHILD + YOUTH PROGRAMS

November 3 - December 21, 2025

Registration opens October 20, 2025 for Registered Programs

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

- Gymnasium
- Upstairs Studio
- Indoor Pool
- Back on Track 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
5:00PM - 6:30PM	12:30PM - 5:00PM		1:00PM - 5:00PM	12:30PM - 7:00PM	11:00AM - 7:00PM	
7:30PM - 9:00PM		6:00PM - 9:00PM	7:00PM - 9:00PM			

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

Registered Child and Youth Programs (7 week sessions)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00AM - 11:00AM Home Zone Rock Wall Ages 5-12	11:30AM - 12:15PM Rock, Tumble & Roll Ages 1-3	10:15AM - 11:15AM Home Zone Sports Ages 4-12	10:30AM - 11:15AM Home Zone Swim Ages 6-12		10:00AM - 10:45AM Crafty Kids Ages 4-6	10:00AM - 11:00AM Youth Volleyball Ages 9-12
4:30PM - 5:15PM Little Listeners Ages 1-3	5:00PM - 5:45PM Kinder Games Ages 3-5	5:00PM - 5:45PM Little Athletes Ages 3-5	5:00PM - 5:45PM Active All Stars Ages 6-8			
5:30PM - 6:15PM Crafty Kids Ages 7-11		5:30PM - 6:15PM Karate Ages 6-8	6:00PM - 6:45PM Thrill of Science Ages 8-12	5:30PM - 6:15PM Kids who can climb Ages 6-12		
6:30PM - 7:30PM Racquets for Kids Ages 8-12		6:30PM - 7:15PM Karate Ages 9-12				

Drop In Child and Youth Programs						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:00PM - 5:00PM Youth Basketball Ages 9-12	5:00PM - 6:00PM Rock Wall Ages 5-12	2:00PM - 5:00PM Youth Basketball Ages 9-12	5:00PM - 7:00PM Funzone Ages 3-10	For Non-Members, Drop-in Fee applies.		
	5:00PM - 7:00PM Funzone Ages 3-10		6:00PM - 7:00PM Youth Volleyball Ages 14-17	5:00PM - 6:00PM Rock Wall Ages 5-12	5:00PM - 6:00PM Rock Wall 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 Baby Water Bootcamp	11:15AM - 12:00PM Mom & Baby Fitness	11:15AM - 12:00PM Baby Water Bootcamp	11:15AM - 12:00PM Mom & Baby Yoga	11:15AM - 12:00PM Mom & Baby Circuit		

Schedules subject to change.

CHILD + YOUTH PROGRAMS

November 3 - December 21, 2025

Class Descriptions

Regular Registered Programs

(FREE for Members | Registration opens October 20, 2025)

For Members, Regular Registered classes are FREE.

Fees Apply for Non-Members and for Karate Program.

ACTIVE ALLSTARS (AGES 6-8) | FEE \$76.10

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 \$76.10

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 \$76.10

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

LITTLE LISTENERS (AGES 1-3) | FEE \$76.10

Join us for a fun storytime and themed activities! Every session takes us on a new adventure that sparks imagination and creativity.

HOME ZONE ROCK WALL (AGES 5-12) | FEE \$84

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

Drop-In Programs

For Non-Members, Drop-in Fee applies.

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

YOUTH VOLLEYBALL (AGES 14-17)

Drop in for a game of pick up volleyball. All experience levels welcome!

HOME ZONE SPORTS (AGES 4-12) | FEE \$84

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 \$84

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

KIDS WHO CAN CLIMB (AGES 6-12) | FEE \$84

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.

KINDER GAMES (AGES 3-5) | FEE \$ 76.10

Get your little ones moving! This active program is sure to build coordination and confidence through fun tag and active games. This program encourages teamwork, movement and plenty of giggles!

RACQUETS FOR KIDS (AGES 8-12) | FEE \$84

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 \$76.10

This engaging activity helps your child join the world of gymnastics with easy beginners challenges and engaging group activities.

THRILL OF SCIENCE (AGES 8-12) | FEE \$76.10

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 \$84

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

REGISTERED KARATE PROGRAM

Karate Returns this fall:

Wednesdays | 2 Age Groups
\$52.50 Members | \$88.75 Non-Members

5:30PM - 6:15PM
Karate
Ages 6-8
Nov. 5 (7 weeks)

6:30PM - 7:15PM
Karate
Ages 9-12
Nov. 5 (7 weeks)

Kid's Night Out: FRI. NOV. 7 | 5:30-8:30pm

Youth Dance - Fire & Ice: FRI. NOV. 14 | 6:30-8:30pm

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:
ymcanr.org/activities/mothers-of-newborns-program/



IMPORTANT: Youth Access Policy

Scan for details regarding how Youth Ages 11 to 14 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