



YMCA Northumberland Cobourg

Shine On

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

5:00PM - 6:30PM

12:30PM - 5:00PM

1:00PM - 5:00PM

12:30PM - 7:00PM

11:00AM - 7:00PM

7:00AM - 5:00PM

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

Please see the Class Descriptions page for fee information for Non-Members.

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.