



# YMCA Northumberland Cobourg

Shine On

339 Elgin Street West  
Cobourg, ON

## CHILD + YOUTH PROGRAMS

January 5 - March 15, 2026

Registration opens December 22, 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

### 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

7:30PM - 9:00PM

12:30PM - 2:00PM

6:00PM - 9:00PM

1:00PM - 6:00PM

12:30PM - 7:00PM

11:00AM - 7:00PM

11:30AM - 5:00PM

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

### Registered Child and Youth Programs

(9 week sessions & will begin the week of January 12, 2026)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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

10:30AM - 11:15AM  
Home Zone Rock Wall  
Ages 5-12

11:30AM - 12:15PM  
Rock, Tumble & Roll  
Ages 1-3

10:15AM - 11:00AM  
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

5:30PM - 6:15PM  
Soccer Stars  
Ages 8-12

5:30PM - 6:15PM  
Kinder Games  
Ages 4-6

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

5:00PM - 5:45PM  
Active All Stars  
Ages 6-9

6:30PM - 7:45PM  
Racquets for Kids  
Ages 8-12

5:30PM - 6:15PM  
Karate  
Ages 6-8

6:00PM - 6:45PM  
Thrill of Science  
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 13-16

2:00PM - 5:00PM  
Youth Basketball  
Ages 13-16

2:00PM - 5:00PM  
Youth Basketball  
Ages 13-16

2:00PM - 5:00PM  
Youth Basketball  
Ages 13-16

2:00PM - 5:00PM  
Youth Basketball  
Ages 13-16

5:00PM - 7:00PM  
Funzone  
Ages 3-10

5:00PM - 7:00PM  
Funzone  
Ages 3-10

For Non-Members, Drop-in Fee applies.

6:00PM - 7:00PM  
Basketball  
Ages 16+

5:00PM - 6:30PM  
Rock Wall  
Ages 5-12

5:00PM - 6:30PM  
Youth Basketball  
Ages 13-16

### 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

January 5 - March 14, 2026

## Class Descriptions

### Regular Registered Programs

(FREE for Members | 9 weeks | Register as of Dec. 22/25)

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

*Fees Apply for Non-Members and for Karate Program.*

#### ACTIVE ALLSTARS (AGES 6-9) | FEE \$90

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 \$90

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 \$90

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 \$111.25

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 \$111.25

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 \$111.25

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

### 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 13-16)

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

#### KINDER GAMES (AGES 4-6) | FEE \$90

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 \$90

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 \$90

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

#### SOCCER STARS (AGES 8-12) | FEE \$90

Soccer Stars is an energetic and skill building program designed to help young players grow their confidence on and off the field. Through fun drills, teamwork challenges, and age appropriate gameplay, participants learn the fundamentals of soccer while developing coordination, cooperation and love for the game.

#### THRILL OF SCIENCE (AGES 8-12) | FEE \$90

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

#### YOUTH VOLLEYBALL (AGES 9-12) | FEE \$111.25

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

### SPECIAL REGISTERED PROGRAMS

#### Karate Returns this winter:

Wednesdays | 2 Age Groups  
\$69.50 Members | \$117.50 Non-Members

5:30PM - 6:15PM  
Karate  
Ages 6-8  
Jan. 14 (9 weeks)

6:30PM - 7:15PM  
Karate  
Ages 9-12  
Jan. 14 (9 weeks)

#### Red Cross Courses this winter

- Babysitting
- Stay Safe

\$77.25 Members | \$98 Non-Members  
\$46.50 Members | \$67 Non-Members

Red Cross  
Babysitting  
Ages 11-16  
Feb. 21 6pm-8pm  
Feb. 22 10am-4pm

Red Cross  
Stay Safe!  
Ages 9-12  
Jan. 25  
10AM - 4PM

#### Kid's Night Out: FRI. JAN. 16, FEB. 6 & MAR. 6 | 5:30-8:30pm

#### Youth Dance:

- The Second Count Down: FRI. JAN. 23 | 6:30-8:30pm
- HeartBreak Hits: FRI. FEB. 13 | 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/](http://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](mailto:leanne.clarke@nrtymca.ca)