



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 Athletics
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 Circuit

11:15AM - 12:00PM
Baby Water Bootcamp

11:15AM - 12:00PM
Mom & Baby Yoga

11:15AM - 12:00PM
Mom & Baby Fitness

Schedules subject to change.

CHILD + YOUTH PROGRAMS

January 5 - March 15, 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
\$77.25 Members | \$98 Non-Members
• Stay Safe
\$46.50 Members | \$67 Non-Members

Red Cross
Babysitting
Ages 11-16
Feb. 20 6pm-8pm
Feb. 21 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: Indoor 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