



# YMCA Northumberland Cobourg

Shine On

339 Elgin Street West  
Cobourg, ON

## CHILD + YOUTH PROGRAMS

March 22 to June 14, 2026

Registration now open for Registered Programs

For Members, All Drop-in Programs are FREE & 1st Regular Registered Class is FREE.  
Fees Apply for 2<sup>nd</sup> Registered Class, Non-Members & for Special Programs.

■ Outside ■ 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	10:00AM - 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		
7:00PM - 9:00PM	12:30PM - 2:00PM	6:00PM - 9:00PM	1:00PM - 6:00PM	12:30PM - 7:00PM	10:00AM - 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 (12 week sessions & will begin the week of March 23, 2026)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:15AM - 12:00PM Rock, Tumble & Roll Ages 1-3	10:00AM - 10:30AM Together We Twirl Ages 1-3			10:00AM - 10:45AM Crafty Kids Ages 4-6	9:00AM - 9:45AM Outdoor Adventure Ages 8-12
5:00PM - 5:45PM Soccer Stars Jr Ages 5-7	5:00PM - 5:45PM Kinder Games Ages 4-6	5:00PM - 5:45PM Little Athletes Ages 3-5	5:00PM - 5:45PM Active All Stars Ages 6-8			10:00AM - 11:00AM Youth Volleyball Ages 9-12
6:00PM - 6:45PM Soccer Stars Sr Ages 8-12	5:00PM - 5:45PM Crafty Kids Ages 7-9	5:30PM - 6:15PM Karate Beginners Ages 6-9	6:00PM - 6:45PM Thrill of Science Ages 8-12			
		6:00PM - 6:45PM Garden Growers Ages 7-9				
		6:30PM - 7:15PM Karate Continuing Ages 6-9				

Please see the Class Descriptions page for fee information.

### Drop In Child and Youth Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:00PM - 5:00PM Youth Basketball Ages 13-16	For Non-Members, Drop-in Fee applies.					
	5:00PM - 7:00PM Funzone Ages 3-10	5:00PM - 7:00PM Funzone Ages 3-10	5:00PM - 7:00PM Funzone Ages 3-10			
		6:00PM - 7:00PM Rock Wall Ages 6-12		6:00PM - 7:00PM Rock Wall Ages 6-12		

### 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 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.

### Play Centre Child Minding

(Provided for a small fee per hour)

<b>Monday</b>	9:00AM - 12:30PM
<b>Tuesday</b>	9:00AM - 12:30PM 4:30PM - 7:00PM
<b>Wednesday</b>	9:00AM - 12:30PM
<b>Thursday</b>	9:00AM - 12:30PM
<b>Friday</b>	9:00AM - 12:30PM
<b>Saturday</b>	9:00AM - 12:30PM

# CHILD + YOUTH PROGRAMS

March 22 to June 14, 2026

## Class Descriptions

### Regular Registered Programs

(12 weeks | Registration now open)

**For Members, 1st Regular Registered Class is FREE. Fees Apply for 2nd Class, Non-Members & for Special Programs.**

#### ACTIVE ALLSTARS (AGES 6-9) | FEE \$120

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 \$120

Children ages 4-6 will get creative with various crafts, based on a theme each week. Activities build hand/eye coordination and manual dexterity.

#### CRAFTY KIDS (AGES 7-9) | FEE \$120

Children ages 7-9 complete creative activities based on a theme each week, practicing their artistry with different mediums such as paint or clay.

#### GARDEN GROWERS (AGES 7-9) | FEE \$120

A hands on program where children aged 7-9 learn how to plant, grow and care for a garden.

#### LITTLE ATHLETES (AGES 3-5) | FEE \$120

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

#### KINDER GAMES (AGES 4-6) | FEE \$120

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!

#### ROCK, TUMBLE AND ROLL (AGES 1-3) | FEE \$120

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

### 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 6-12)

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

#### IMPORTANT: Youth Access Policy

Scan for details regarding how Youth Ages 11 to 14 can access our Personal Conditioning Centre.



#### SOCCER STARS JR (AGES 5-7) | FEE \$120

A fun, energetic introduction to soccer designed for young children who are keen to start exploring the sport. Through engaging games and simple drills, participants will learn basic soccer skills such as kicking, dribbling, passing and teamwork in a supportive and encouraging environment.

#### SOCCER STARS SR (AGES 8-12) | FEE \$120

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 \$120

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!

#### TOGETHER WE TWIRL (AGES 1-3) | FEE \$75

A joyful parent and child dance program designed for toddlers ages 1-3 years. In this 30 minute class, caregivers and little ones explore movement through music, rhythm and playful dance activities.

#### YOUTH VOLLEYBALL (AGES 9-12) | FEE \$148.30

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

### SPECIAL REGISTERED PROGRAMS

Fees Apply | Scan QR Code to Learn More



#### Karate Courses

*Discover the fundamentals of karate!*

Wednesdays

\$92.70 Members | \$123.15 Non-Members

5:30PM - 6:15PM  
Karate  
Beginners  
Ages 6-8  
Starts Mar 25 (12 wks)

6:30PM - 7:15PM  
Karate  
Continuing  
Ages 9-12  
Starts Mar 25 (12 wks)

#### Red Cross Stay Safe!

*Be safe at home and in the community.*

Tuesdays

\$46.50 Members | \$67 Non-Members

Red Cross Stay Safe!  
Ages 9-12  
March 31 & April 7, 14, 21, 28  
6:00PM - 7:00PM

#### YMCA Track Stars Workshop

*Build skills, confidence, & teamwork.*

Mondays

\$45 Members | \$65 Non-Members

YMCA Track Stars Workshop  
April 13, 20, 27 & May 4, 11  
5:30PM - 7:00PM

**Kid's Night Out: FRI. APRIL 10, MAY 1 & JUNE 5 | 5:30-8:30pm**

#### Youth Dances (Grades 6-8)

- Tie Dye Party: FRI. MARCH 27 | 6:30-8:30pm
- PJ Jams: FRI. APRIL 24 | 6:30-8:30pm
- Glow into Summer: FRI. MAY 29 | 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:

[ymcanrt.org/activities/mothers-of-newborns-program/](http://ymcanrt.org/activities/mothers-of-newborns-program/)

