



Child & Youth Programs

Shine On **COBOURG YMCA**

September 14 - October 11, 2026

Schedules subject to change.

Facility Hours

Monday-Friday 5:00 AM - 9:30 PM
Saturday 6:00 AM - 7:00 PM
Sunday 7:00 AM - 6:00 PM

Holiday Hours (No Classes) 7:00 AM - 5:00 PM
 Sept. 7 | Oct. 12

Play Centre Child Minding (Provided for a small fee per hour)

Monday-Saturday 9:00 AM - 12:30 PM
Tuesday 4:30 PM - 7:00 PM

Registered Child and Youth Programs

(4 week session, Registration Required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00 AM - 10:30 AM Parent & Tot Dance Ages 2 - 4	10:15 AM - 11:00 AM Home Zone Ages 5 - 12	10:00 AM - 10:45 AM Rock, Tumble & Roll Ages 2 - 4		9:00 AM - 9:45 AM Crafty Kids Junior Ages 4 - 6	
5:00 PM - 5:45 PM Soccer Stars Junior Ages 6 - 8		5:00 PM - 5:45 PM Little Athletes Ages 3 - 5			10:00 AM - 10:45 AM Crafty Kids Senior Ages 7 - 9	
6:00 PM - 6:45 PM Soccer Stars Senior Ages 9 - 12		5:45 PM - 6:30 PM Karate Ages 6 - 12	6:00 PM - 7:00 PM Rock Wall Rally Ages 6 - 8			

Please see the Class Descriptions page for fee information for registered programs.

Drop In Child and Youth Programs

(Free for Members, Day Pass for Non-Members)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00 PM - 5:00 PM Youth Basketball Ages 9 - 12	3:00 PM - 5:00 PM Youth Basketball Ages 9 - 12	3:00 PM - 5:00 PM Youth Basketball Ages 9 - 12	3:00 PM - 5:00 PM Youth Basketball Ages 9 - 12	3:00 PM - 5:00 PM Youth Basketball Ages 9 - 12		10:00 AM - 11:00 AM Youth Volleyball Ages 8 - 12
	4:30 PM - 7:30 PM Fun Zone Ages 3 - 10	4:30 PM - 7:30 PM Fun Zone Ages 3 - 10	4:30 PM - 7:30 PM Fun Zone Ages 3 - 10			
			6:00 PM - 7:00 PM Youth Volleyball Ages 13 - 16			

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
6:00 AM - 8:45 AM	6:00 AM - 8:45 AM	6:00 AM - 8:45 AM	6:00 AM - 8:45 AM	6:00 AM - 8:45 AM	7:00 AM - 4:30 PM	7:00 AM - 4:30 PM
11:00 AM - 9:00 PM	11:00 AM - 9:00 PM	10:15 AM - 9:00 PM	12:00 PM - 9:00 PM	11:00 AM - 9:00 PM		

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
5:00 AM - 8:45 AM	5:00 AM - 8:45 AM	5:00 AM - 8:45 AM	5:00 AM - 8:45 AM	5:00 AM - 8:45 AM	6:00 AM - 8:45 AM	7:00 AM - 9:45 AM
1:30 PM - 3:00 PM	12:15 PM - 3:00 PM	1:30 PM - 3:00 PM	12:00 PM - 3:00 PM	12:15 PM - 3:00 PM		
7:00 PM - 9:00 PM		6:00 PM - 9:00 PM	7:00 PM - 9:00 PM	5:00 PM - 6:30 PM	11:15 AM - 7:00 PM	11:15 AM - 6:00 PM

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

IMPORTANT: Youth Access Policy

Scan for details regarding how Youth Ages 10 to 15 can access our Personal Conditioning Centre.



Gymnasium

AS Room

Pentel Playground

Upstairs Studio

Program Descriptions

September 14 - October 11, 2026

For Members, 1 Free Regular Program is included per session with a fee of \$40 for each additional program.

Registered Child and Youth Programs

Registration opens Tuesday, September 8

Crafty Kids

AGES 4 - 6 (Jr.) or 7 - 9 (Sr.) | Fee \$40

Children ages 4-6 and 7-9 will get creative with various crafts based on a theme each week. Great activity to build hand and eye coordination and manual dexterity.

Home Zone

AGES 5 - 12 | Fee \$40

Designed for children who are home-schooled with a focus on physical fitness, coordination and teamwork. Lead by trained staff to ensure a safe and supportive environment for participants.

Karate

AGES 6 - 12

Members: \$30, Non-members: \$42

Develop karate techniques, stances, strikes, blocks and movement patterns while building coordination, focus, confidence and respect.

Little Athletes

AGES 3 - 5 | Fee \$40

Designed for children who are home-schooled with a focus on physical fitness, coordination and teamwork. Lead by trained staff to ensure a safe and supportive environment.

Parent and Tot Dance

AGES 2 - 4 | Fee \$40

Move and groove in this fun dance program for parents and tots to start their day with a wiggle and giggle!

Rock, Tumble and Roll

AGES 2 - 4 | Fee \$40

Sign up for this fun and engaging time to help your child join the exciting world of gymnastics with easy challenges for beginners and engaging group activities.

Rock Wall Rally

AGES 6 - 8 | Fee \$40

Learn new skills and terminology that relate to the world of Rock Climbing. Have fun challenging teammates and making new friends!

Soccer Stars

AGES 6 - 8 (Jr.) and 9 - 12 (Sr.) | Fee \$40

An energetic skill building program designed to help young players grow their confidence on and off the field while learning the fundamentals of soccer and building a love for the game.

*** Register for programs online**

<https://ymcanrt.org/activities/child-youth-programs/>

Scan QR code for more information and registration.



Drop In Child and Youth Programs

(Free for Members, Day Pass for Non-Members)

Fun Zone

AGES 3 - 10

Bring your children to play while you access the facility for a workout! Children will participate in gym games and activities.

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 8 - 12 (Sundays) or 13 - 16 (Fridays)

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



Workshops and Special Events:

Red Cross Programs

STAY SAFE Red Cross Course

Saturday, September 26 | 10 am to 4 pm

Ages 8 - 12 years

\$46.50 Members | \$67 Non-Members

STAY SAFE Babysitting Course

Friday, October 23 | 5 pm to 7 pm

Saturday, October 24 | 10 am to 4 pm

Ages 12 - 16 years

\$77.25 Members | \$98 Non-Members

Special Events

Kids Night Out

Friday, September 25 | 5:30 pm to 8:30 pm

Ages 4 - 12 years

\$12 Members | \$20 Non-Members

Kids Night Out

Friday, October 16 | 5:30 pm to 8:30 pm

Ages 4 - 12 years

\$12 Members | \$20 Non-Members

Youth Dance - Graveyard Grooves

Friday, October 30 | 6:30 pm to 8:30 pm

Grades 6 - 8

Free for Members | \$8 Non-Members

Child & Youth Workshops

Little Hands Big Helpers

Thursday, October 8 | 5:30 pm to 7 pm

Ages 6 - 9 years

\$10 Members | \$14 Non-Members

Art Unlocked: Halloween Edition

Friday, October 9 | 6 pm to 9 pm

Ages 6 - 12 years

\$12 Members | \$16 Non-Members

Spooky Creations

Wednesday, October 28 | 5:30 pm to 7 pm

Ages 4 - 6 years

\$10 Members | \$15 Non-Members

Spookier Creations

Wednesday, October 29 | 5:30 pm to 7 pm

Ages 7 - 10 years

\$12 Members | \$15 Non-Members

P.A. Day Camps

Monster Mash-up

Monday, October 26 | 8 am to 5 pm

Ages 5 - 12 years

\$43 Members | \$45 Non-Members



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