



Child & Youth Programs

Shine On **COBOURG YMCA**

October 12 - December 20, 2026

Schedules subject to change & programs may be cancelled if a minimum no. of participants are not registered prior to start date.

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
 Oct. 12

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

Monday-Saturday 9:00 AM - 12:30 PM
Tue. & Wed. 4:30 PM - 7:00 PM

Registered Child and Youth Programs

(10 week session unless stated otherwise. Registration Required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 PM - 5:45 PM Soccer Stars Junior Ages 6 - 8	10:30 AM - 11:15 AM Rock, Tumble & Roll Ages 2 - 4	10:00 AM - 10:45 AM Home Zone Ages 5 - 12			9:00 AM - 9:45 AM Crafty Kids Ages 4 - 6	10:00 AM - 11:00 AM Youth Volleyball Ages 9 - 12
5:00 PM - 5:45 PM Mini Makers Ages 2 - 4	5:00 PM - 5:45 PM Kinder Games Ages 4 - 6	5:00 PM - 5:45 PM Little Athletes Ages 3 - 5	4:00 PM - 4:30 PM Parent & Tot Dance Ages 2 - 4		10:00 AM - 10:45 AM Outdoor Explorers Ages 5 - 7	10:00 AM - 11:00 AM Youth Intro to Spanish Ages 8 - 12
6:00 PM - 6:45 PM Soccer Stars Senior Ages 9 - 12	6:00 PM - 6:45 PM Active All Stars Ages 6 - 8	5:45 PM - 6:30 PM Karate All Levels Ages 6 - 12	5:00 PM - 5:45 PM Crafty Kids Ages 7 - 9			
		6:00 PM - 6:45 PM Youth Writers Club Ages 11 - 13	6:00 PM - 7:00 PM Youth Volleyball Ages 9 - 12			

Please see the Class Descriptions page on reverse for fee information regarding programs, events & workshops.

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

*Not offered on Oct. 16, Oct. 30
 Nov. 6, Dec. 4 & Dec. 18.

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 - 8:30 AM	6:00 AM - 8:30 AM	6:00 AM - 8:30 AM	6:00 AM - 8:30 AM	6:00 AM - 8:30 AM	7:00 AM - 4:30 PM	7:00 AM - 4:30 PM
10:00 AM - 9:00 PM	11:00 AM - 9:00 PM	11:00 AM - 9:00 PM	11:45 AM - 9:00 PM	12:00 PM - 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 - 8:30 AM	5:00 AM - 8:30 AM	5:00 AM - 8:30 AM	5:00 AM - 8:30 AM	5:00 AM - 8:30 AM	6:00 AM - 8:45 AM	7:00 AM - 9:45 AM
1:15 PM - 3:00 PM	12:15 PM - 3:00 PM	1:15 PM - 3:00 PM	12:00 PM - 3:00 PM	12:15 PM - 3:00 PM		
7:00 PM - 9:30 PM		5:00 PM - 9:30 PM	5:00 PM - 9:30 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 11 to 15 can access our Personal Conditioning Centre.



Gymnasium

Pentel Playground

Camp Pavilion

Alternative Space (AS) Room

Upstairs Studio

Program Descriptions

October 12 - December 20, 2026

For Members, 1 Free Regular Program is included per session with the Non-Member fee as stated for each additional program. Specialty Programs, Events & Workshops have a Member & Non-Member fee as stated.

Registered Child and Youth Programs

Registration opens Tuesday, September 29

Active All Stars

AGES 6 - 8

Members FREE | Non-Members \$100

Focus on fundamentals for sports such as soccer, ball hockey, basketball and Volleyball. Participants will work on working as a team, independently, and gain confidence in each sport!

Crafty Kids

AGES 4 - 6 (Jr.) or 7 - 9 (Sr.)

Members FREE | Non-Members \$100

Children ages 4-6 & 7-9 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

Members FREE | Non-Members \$100

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 \$75 | Non-Members \$105

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

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.

Rock Wall

AGES 6 - 12

Join us each week for an hour of Rock Wall, all levels welcome.

Youth Basketball

AGES 9 - 12

Drop in for a game of pick up basketball!

Kinder Games

AGES 4 - 6

Members FREE | Non-Members \$100

Get the little ones moving to build coordination and confidence. Through fun and active games they will develop and improve many different skills, including building teamwork.

Little Athletes

AGES 3 - 5

Members FREE | Non-Members \$100

Designed for children who are home-schooled with a focus on physical fitness, coordination and teamwork.

Mini Makers

AGES 2 - 4

Members FREE | Non-Members \$100

A fun space for parents and tots to come and get messy with crafts, be creative and take something home each week!

Outdoor Explorers

AGES 5 - 7

Members FREE | Non-Members \$100

Designed for children who are home-schooled with a focus on physical fitness, coordination and teamwork.

Parent and Tot Dance

AGES 2 - 4

Members FREE | Non-Members \$61.75

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

Members FREE | Non-Members \$100

A fun and engaging way to help your child join the exciting world of gymnastics with fun challenges and engaging group activities.

Soccer Stars

AGES 6 - 8 (Jr.) and 9 - 12 (Sr.)

Members FREE | Non-Members \$100

An energetic skill building program designed to help young players grow their confidence on and off the field.

Youth Intro to Spanish (8 weeks only)

AGES 8 - 12

Members \$80 | Non-Members \$120

Discover the fun of learning Spanish in this welcoming & fun class that includes lots of games and interactive activities.

Youth Writers Club

AGES 11 - 13

Members FREE | Non-Members \$100

A space that welcomes creativity and inspiration! Each week will be themed & writers will have a calming atmosphere to write what comes from the heart.

Youth Volleyball

AGES 9 - 12

Members FREE | Non-Members \$123.50

Join us for some active time with others while honing your skills on the court.

* Register for programs online

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

Scan QR code for more info and registration.



Special Events

Kids Night Out

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

Ages 4 - 12 years

\$12 Members | \$20 Non-Members

Kids Night Out

Friday, November 6 | 5:30 pm to 8:30 pm

Ages 4 - 12 years

\$12 Members | \$20 Non-Members

Kids Night Out

Friday, December 4 | 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

Youth Dance - Gingerbread Candy Land

Friday, December 18 | 6:30 pm to 8:30 pm

Grades 6 - 8

Free for Members | \$8 Non-Members

Child & Youth Workshops

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

Red Cross Programs

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

P.A. Day Camps



Monster Mash-up

Monday, October 26 | 8 am to 5 pm

Ages 5 - 12 years

\$43 Members | \$45 Non-Members