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 - 7:00PM

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 - 8:30AM	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	11:15 AM - 7:00 PM	11:15 AM - 6:00 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		

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

YMCA Northumberland

339 Elgin Street West
Cobourg, ON

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
JDiscover 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.

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

*** Register for programs online**
https://ymcanrt.org/activities/child-youth-programs/

Scan QR code for more info and registration.

Child & Youth Workshops

Art Unlocked: Holiday Edition
Thursday, December 3 | 6 pm to 7 pm
Ages 9 - 12 years
$15 Members | $20 Non-Members

Merry & Bright Holiday Camp

Registration Opens Dec. 23
Dec. 21-23 and 28-30 | 8 am to 5 pm
Ages 5- 12 years
$43 Members | $45 Non-Members

COBOURG YMCA