

2022
FALL & WINTER

COBOURG
Leisure Guide

Arts & Culture | Sports & Recreation | Groups & Clubs

Experiencecobourg.ca | 1-888-Cobourg

TABLE OF CONTENTS

Town of Cobourg Recreation

Accessibility ----- 3

Cobourg Community Centre (CCC) ----- 4

CCC Child & Youth ----- 6

CCC Kids Camps ----- 8

CCC Adult Programs ----- 9

CCC Seniors Programs ----- 10

CCC Recreation Rentals ----- 13

CCC Advertising ----- 15

Arts & Culture

Concerts & Performances ----- 16

Concert Hall Partners ----- 16

Galleries & Museums ----- 19

Arts, Crafts, & Creativity ----- 21

Movies & Film ----- 22

Singing Groups & Bands ----- 22

Dance Academies and Clubs ----- 25

Recreation & Programming

Child & Youth Programs & Facilities ----- 26

Children Camps ----- 29

Community Adult / Seniors Programs ----- 30

Teams & Associations ----- 34

Groups/Clubs & Associations

History & Heritage ----- 38

Agriculture, Horticulture & Environment ----- 39

Town & Community Information

Town Department Guide ----- 41

Common Questions & Community Contacts -- 42

Legislative Services (Licensing & Bylaw) ----- 43

Planning & Development ----- 44

Finance & Taxes ----- 44

Parks ----- 45

Marina & Campground ----- 46

Venture 13 ----- 47

Welcome To the Fall & Winter Town of Cobourg Leisure Guide!

Welcome to the 2022 Town of Cobourg Leisure Guide. We hope that this guide will be a helpful resource for information on arts, culture, and recreational programming available in the Town of Cobourg. We have added a valuable Town Guide at the back of this guide to address common resident questions and provide guidance to residents when searching for information.



TOWN OF COBOURG ACCESSIBILITY

The Town of Cobourg strives to create an accessible and inclusive space for both residents and visitors. Through our 2020-2024 Multi-Year Accessibility plan, we have made many improvements to access our services such as Language Line interpreters at our customer service kiosks, beach mats at Victoria Beach, accessible emergency evacuation plans, and accessible upgrades to many of our amenities. Plans in the future include an accessible boat launch and more accessible upgrades throughout our park amenities town wide. For more information or to ask a question, please e-mail accessibility@cobourg.ca or visit www.cobourg.ca/en/town-hall/Accessibility.aspx.

EQUITY, DIVERSITY & INCLUSION:

The Town of Cobourg recognizes the vast representation of identities and diversity in our community. Our programs, services, hiring practices and policies are consistently being updated to include current best practices when it comes to Equity, Diversity and Inclusion. We aim to create and offer a wide variety of programs and services that serve the needs of aging, youth, LGBTQ2S+, BIPOC and newcomer communities. If you ever have a comment, suggestion, or concern about inclusive programming, please reach out to diversity@cobourg.ca to get in touch.

RECREATION ACCESSIBILITY

Inclusion Support: The Department of Community Services Division strives for accessible inclusion through our programs, camps, and our recreation facility.

Medical Needs/Medications: Town of Cobourg staff do not provide any ongoing medical interventions or support therapies (ie. injections, g-tube feeding, administering medication, etc.).

Support Person Pass: Individuals in need of support to participate in any of our registered programs, may attend with a support person to assist them. If the support person's sole purpose for attending is to support and integrate an individual with special needs, access for the support person is free. The support person is required to be providing direct supervision. A Support Person Pass can be obtained free of charge for customers attending with a support person.

Program Registration with Inclusion support: Contact is required with the specific supervisor recreation Programmer for day camps in order to coordinate registration and specific needs requirements. A participant profile form will need to be completed for all clients accessing this service (this information will be shared with instructional staff only). The support staff service is a limited resource and is available on a first come first serve basis. Families who require support but do not disclose the needs of a participant prior to registration may be required to withdraw from the program if support can not be secured. Town of Cobourg refund policy will apply.

Fee Assistance Programs: The Town of Cobourg supports that municipal leisure opportunities should be available to all residents. Town of Cobourg residents experiencing financial difficulty due to low income may request fee assistance for membership to the Cobourg Community Centre. An application for assistance must be submitted. Criteria for eligibility are determined by annual income based upon the Statistics Canada Low Income Cut Off (LICO) table. Households that meet the criteria would be eligible for a reduction of the program fee at the Cobourg Community Centre.

Report a Barrier to Accessibility

If you have experienced a Barrier to Accessibility, please contact us by:

- Reporting it on the web site, cobourg.ca
- Sending us an email, accessibility@cobourg.ca.
- Giving us a call at 905-372-4301, or
- Visiting us in person



COBOURG COMMUNITY CENTRE

750 D'Arcy Street Cobourg ON, K9A 0G1
P: 905-372-7371 E: cccinfo@cobourg.ca
ccc.cobourg.ca

HOURS OF OPERATION

Reception Hours: Monday to Friday: 8:00 am - 7:00 pm
Saturday & Sunday: Closed

Facility Hours: Monday to Friday: 7:00 am - 10:00 pm
Saturday & Sunday: 8:00am- 10:00 pm

*Arena open as per the schedule permits, this includes the walking track.

EXCLUSION DATES

Please check our social media pages and website for all dates the facility is closed to the public.

WHERE TO FIND US

 [@CobourgCommunityCentre](https://www.facebook.com/CobourgCommunityCentre)

 [@CobourgCommunityCentre](https://www.instagram.com/CobourgCommunityCentre)

 [@Cobourg_CCC](https://twitter.com/Cobourg_CCC)

 ccc.cobourg.ca

For information or to book a facility please contact the following

Birthday Parties

cccinfo@cobourg.ca

Multi-purpose rooms, gym, ice rentals

cccinfo@cobourg.ca

Arena & field seasonal rentals

cccinfo@cobourg.ca

Large events (100+)

kwilliams@cobourg.ca

Please see CCC recreational rentals for room information



Cobourg
Community
Centre



COMMUNITY EVENTS AT THE CCC

The Cobourg Community Centre hosts an exciting lineup of community events. From concerts to craft shows, body building competitions to petting zoos. The CCC has the space and capabilities to bring a variety of community events to the people of Cobourg and surrounding area. The instead of our board room, gymnasium, and numerous multi-purpose rooms are equipped with universal technology to make it the perfect space for corporate meetings and community gatherings.

COBOURG COMMUNITY CENTRE (CCC)

Constructed in 2011, the Cobourg Community Centre (CCC) has become the recreational heart of the Town of Cobourg. The 142,000 square foot facility is completely barrier free and is a major provider of programs and activities for a variety of ages and abilities. The CCC includes two ice pads, one large gymnasium, numerous multi-purpose rooms and an indoor walking track that is free for public use 12 months of the year.

The CCC is home to the Ontario Junior Hockey League Cobourg Cougars and the Major Lacrosse team Cobourg View Tech Kodiaks. These two teams play out of the CCC Bowl arena where 2,000 fixed stadium style seating welcomes cheering fans and out of town guests on a weekly basis. The CCC ice is also host to Northumberland Minor Hockey Association, the West Northumberland Girls Hockey Association, Northumberland Minor Lacrosse and many other local teams.

Recreational staff at the CCC provide programming for children and youth, adults and seniors. Fitness programming for all age categories covers a wide variety of activities from skating and hockey development.. Seniors programming includes weekly registered programs and creative clubs. There are also weekly gymnasium activities such as Pickleball games, table tennis, group training and much more.



Child & Youth: Ice Programs

We are thrilled to be offering our child and youth programs again to the community! For an updated list of current offered programs please visit our website: ccc.cobourg.ca or call reception at 905-372-7371



Learn to Skate

4-10
Years

Learn to Skate in small classes with additional CCC Instructors and volunteers, which encourages children to try skating and learn the basics, at their own pace. Children are put into groups based on skill levels and ages each lesson.
***All participants MUST wear skates and CSA approved hockey helmets during the program.

Skills and Drills

4-10
Years

A program based ENTIRELY on skating skills. Pucks are used minimally, as we focus on pure skating technique and improving speed. Great for kids who are currently playing organized hockey, as it is a very fast paced program.
** FULL EQUIPMENT REQUIRED

Learn to Skate
(Parent/Child)

4-10
Years

The Parent & Child Learn to Skate program, encourages parent participation in their child's skating education! Skill stations are set up on the ice and CCC Instructors are available to assist parent/guardian, with beginner skills to help their child learn the basics of skating. The program is focused on building confidence in the child and improving their balance and comfort on the ice.
***All participants (parents/guardians included) MUST wear skates and CSA-approved hockey helmets during the program. Parents/Guardians should be comfortable on the ice with their child, to participate.

Learn to Play
Hockey

4-10
Years

A great program that introduces kids to the world of hockey! Each session will include opportunities for children to improve their skating, passing, shooting and scoring skills!
***FULL HOCKEY EQUIPMENT IS REQUIRED FOR THIS PROGRAM, including CSA approved helmets with face mask/shield. Mouth guards are optional, however, encouraged.



Child & Youth: Creative Programs

We are thrilled to be offering our child and youth programs again to the community! For an updated list of current offered programs please visit our website, ccc.cobourg.ca or call staff at 905-372-7371



Parent / Tot
Creative Dance

18 months-
3 years

Parent/Tot Creative dance is a fun and energetic class that will introduce toddlers to creative music and creative dance. Parents/Caregivers fully participate with their little one in class each week. Structure will be enhanced throughout the session while children enjoy learning through repetition and exploration.

Kinder Dance

3-5 years

Kinder Dance is an upbeat and energetic introduction to movement and music for our busy toddlers! Being creative and learning how to make your body move will keep this class fun and exciting! Let the beat move you!

Super Sports

3-5 years

Join us for an energy filled program that will allow kids to try new sports, practice skills and enjoy some 'game time' each week. Some of the sports we will try; Basketball, Soccer, Volleyball, Floor Hockey, Pickleball, Badminton. **Please bring indoor running shoes and a bottle of water ! View our website for our most current registration information and program availability.





Kids Holiday Camp!

January 3-6, 2023

Join us at the Cobourg Community Centre (CCC) for a fun-filled festive Winter Wonderland Holiday kids camp before back to school!

Children will participate in festive activities including, holiday baking, crafts, skating, games, and more! The Holiday Camp will be running from January 3, 2023 – January 6, 2023. Camp is offered from 9:00am – 4:00pm with before and after care available. Ages 4 -10. Please watch our website for registration.



MARCH BREAK CAMP!

March 13-17, 2023

Join us at the Cobourg Community Centre for a fun adventurous March Break Camp!

The camp will be running

March 13-17, 2023 from 9:00am-4:00pm with before and after care available. Please watch our website and social media pages for the most recent camp information. Ages 4- 10.



Adult Fitness Programs

We are thrilled to be offering our adult fitness programs again to the community! For an updated list of current offered programs please visit our website, ccc.cobourg.ca or call reception at 905-372-7371. Youth 14+ can participate with an adult.



Boot Camp	18+	Challenge yourself with this fast paced, calorie burning workout that will take your fitness to the next level. Class format changes every class to keep things interesting. Modifications are always offered for the beginner to the advanced!
Active Fit	18+	Build muscle, burn calories, lose fat! An effective total body muscle conditioning workout utilizing a variety of equipment and offering lots of modifications. Get fit and have fun while doing it.
Total Body Circuit	18+	This 45 minute class primarily involves moving from one station to another in 45 second intervals. Each interval varies alternating between strength, core and conditioning. Strength work can include bands, mat exercises, body weight exercise, kettlebell exercises and more. Cardio work can include elements of endurance training, steps, body weight exercise, and more. This class is designed for all fitness levels. Come ready to sweat, work hard, and have fun!
Yoga	18+	Designed to enhance vitality and a sense of well-being, this yoga workout will help participants gain improved flexibility, balance, strength and posture. Students will coordinate movement with breath to flow from one pose to the next. Suitable for all levels.



Seniors 55+ Activity Centre

The Cobourg Seniors' Activity Centre is a wonderful way to stay active in your community while meeting new friends and spending time with old ones.

With over 1000 active members, the Cobourg Seniors Activity Centre is a vibrant community of friends who enjoy daily fitness classes, a diversity of registered arts programs as well as free access to existing events and cultural opportunities throughout the year.

An annual membership with the Cobourg Seniors' Activity Centre provides you with access to over 30 registered fitness programs as well as a variety of registered fitness classes taught by certified instructors. Programs range from Pickleball, Cardio Fit, Weight Training, Woodcarving, Partner Bridge, Euchre and Table Tennis.... just to name a few!

MEMBERSHIP INFORMATION

Annual membership: \$30.00 + HST/Year

Registered program fee for members:
\$1+HST/Class (Applies to all drop-in fitness programs)

Visitor drop-in fee for non-members:
\$5.00/class, HST included. (Applies to all drop-in fitness programs.)

Additional fees apply for specialty programs.



SPECIALITY PROGRAMS

For the current specialty programs being offered at the Cobourg Seniors Activity Centre please visit our website at ccc.cobourg.ca or call 905-372-7371 or visit the Cobourg Community Centre located at 750 D'Arcy Street.

OFFERED SPECIALITY PROGRAMS:

Group Training	Small groups with specific personal training programs. Offered in 6 week sessions. Please contact for the CCC for availability.
Yoga 55+	One of our most popular programs, this gentle yoga class incorporates stretching, balancing and muscle strengthening postures. A variety of breathing techniques and guided meditation are introduced.
Chair Yoga	A functional yoga class that is practiced sitting on a chair, or standing using a chair for support. Balance, flexibility and deep breathing are the focus of this class that will leave you feeling refreshed.
Men's Yogafit	Improve balance, flexibility, core and muscle strength. Manage chronic pain and stress with relaxation techniques to help you cope with the daily stresses and demands of your life. No previous yoga experience required.
Pilates 55+	Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back.

Seniors 55+ Activity Centre

REGISTERED PROGRAMS

We are thrilled to be offering our seniors registered programs again to the community! For an updated list of current offered programs please visit our website, ccc.cobourg.ca or call reception at 905-372-7371.

FITNESS PROGRAMS

Active Bodies

The focus of this class is resistance training, along with some balance training. The goal is proper technique and increased body awareness, so your activities of daily living are more enjoyable. Mats and weights help achieve this goal.

Body Sculpt

A fun and interactive class includes weights for muscle conditioning and low-impact cardio to gradually increase your heart rate. Stretching and balancing exercises finish off the class.

Body Tone

Workout to the tunes of the 60's, 70's and 80's in this fun and interactive class which includes weights for muscle conditioning and low impact cardio to gradually increase your heart rate. Stretching and balancing exercises finish off the class.

Cardio Training

This easy-to-follow cardio class improves cardiovascular endurance and balance while incorporating some choreography that keeps you moving around the gym and having fun. The class incorporates weights build muscle strength and stretching improves flexibility.

Cardio Intervals

Take your workout to the next level with this fun and energizing cardio training class! Stations will be set up with a variety of movements. Stations are quick, effective and all allow for modifications.

Cardio Fit

Take your workout to the next level with this fun and energizing cardio training class! Stations will be set up with a variety of moves that are sure to get your heart pumping and muscles moving. You won't get bored with this class, stations are quick, effective and all allow for modifications, if you need them!

Move It Mondays

A cardio-based program that will get you moving and start your week off right! This class includes some lightweight training and stretching. A great beginner program that allows for simple changes to modify the intensity of the exercises.

Line Dancing

Enjoy music and movement with this line dancing class. Using a variety of music styles that will form a line dance. Stay after for more social time and enjoy a coffee.

Sweat, Step, Stretch

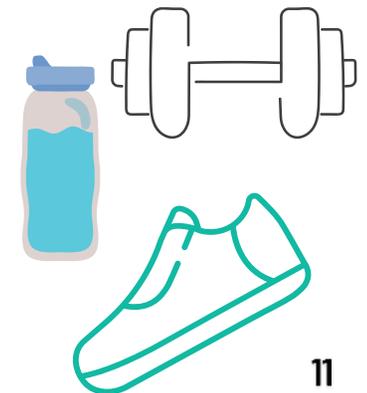
This class will get you moving! A low impact, choreographed, aerobic style class with some great music to get you moving! You're sure to be working hard the whole class, working different muscle groups, keeping that heart rate up and then cooling down with a great stretch and core workout at the end.

Walking Intervals

This class boasts intervals of cardiovascular activity using the walking track and pairs it with strength training! This class is suitable for all fitness levels.

Weight Wednesdays

Low impact, high intensity! This class will work your body, with weight training that is adjustable. Focusing on different muscle groups each class.



Seniors 55+ Activity Centre

REGISTERED PROGRAMS

We are thrilled to be offering our seniors registered programs again to the community! For an updated list of current offered programs please visit our website, ccc.cobourg.ca or call staff at 905-372-7371.

ART PROGRAMS

Painting 101

This course will cover all of the foundations of painting and will take off where the Absolute Beginners course ended. We will explore shape, shading, line weight and value. This is a course for anyone with a basic knowledge of painting and just wants to improve. You will be encouraged to take risk and try new things. You will be required to have the basic materials; water colour and/or acrylic paints, paper and brushes.

Drawing for Beginners

We will cover all the basics, from how to draw lines to shading and everything in between. This course is designed to get the beginner started, or as a refresher course for those who previously drawn and want to get back into it. All materials will be supplied for this course.

CREATIVE/RECREATIONAL

Book Club

A social group that meets once a month to discuss their current group book over some coffee, tea and treats.

Card Games

Each of the card game times are uninstructed.

- Bridge
- Partner Bridge
- Euchre
- Bid Euchre

Carpet Bowling

A form of bowling played indoors on a strip of carpet, at the centre of which lies an obstacle around which the bowl has to pass.

Camera Club

A social group designed to target photography lovers. Runs the first and third Thursday of every month at 9:30-11:30am. Starts in October 2022.

Friendship Group

An uninstructed social group that meets weekly for social interaction.

Pickleball

Pickleball is a paddleball sport (similar to a racquet sport) that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Whiffle Ball, over a net.

Quilting

An uninstructed social group that meets weekly for quilting.

Table Tennis

Table tennis, also known as ping-pong and whiff-whaff, is a sport in which two or four players hit a lightweight ball, also known as the ping-pong ball, back and forth across a table using small rackets.

Wood Carving

An uninstructed social group that meets weekly for wood carving.



Recreation Rentals: Cobourg Community Centre



Looking for somewhere to host your next meeting, or event? Are you part of a local sport club that is looking for help to host a championship locally? Are you looking for a new venue to put on your next arts production? The Cobourg Community Centre has event spaces available to fit a wide range of audience sizes.

Facility Type	Capacity Max	Sink	Wheelchair accessible	Wifi	Rental Type
Pond Arena	400	x	x	x	Ice Rental
Bowl Arena	2,000	x	x	x	Ice Rental
Grand Hall	100		x	x	Events
Gym (half)	350		x	x	Events/tournaments
Gym (full)	700		x	x	Events/tournaments
Multi -purpose room 1 Spoolon	50		x	x	Meetings/events
Multi-purpose room 2: Cameco A	50	x	x	x	Meetings/events
Multi -purpose room 3: Cameco B	50		x	x	Meetings/events
Multi-purpose room 4: Cameco C	50	x	x	x	Meetings/events
Multi-purpose room 5: HTM	50	x	x	x	Meetings/events
Meeting room 1: Tourament	20		x	x	Meetings/tournaments
Board Meeting Room: Whitelaw	14	x	x	x	Meetings

All Cobourg Community Centre facility rentals are subject to availability. When inquiring about a rental please indicate any special requirements that may be needed. Each facility type has an hourly and day rate cost (6+hrs). Ice rentals have prime time and non-prime time hours, plus an additional \$4.00 per booking insurance fee unless proof of insurance is provided at the time of booking. For bookings, please contact the Cobourg Community Centre reception desk. All large events exceeding 100 people and alcohol licensed functions must adhere to the Town of Cobourg's Municipal Alcohol Policy and go through the Cobourg Community Centers Events and Sports Facility Coordinator. *Cameco multi-purpose rooms can be combined into one large room to fit a larger capacity (100 people).

Recreation Rentals: Baseball Diamonds, Soccer Fields, Tennis Courts

Baseball Diamonds

Park	Type	Total	Lights	Seasonal Washrooms
Peter Delanty Park	Multi-purpose diamond	1		x
Donegan Park	Multi-purpose diamond	3		x
Donegan Park	Hardball	1	x	x
James Tracey Park	Chip-and-dust fenced diamond	1		x
Legion Fields	Clay surface diamonds	3	x	x
Sinclair Park	Multi-purpose diamond	2		x

Basketball Court

Court	Type	Total	Lights
Fitzhugh Park	Full sized	1	

Rugby Pitch

Westwood Park	Full sized	1	
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Soccer Fields

Park	Type	Total	Lights
Cobourg Conservation Area (James Cockburn Park)	Small sized	4	
Donegan Park	Full sized	1	x
Lions Fields	Full sized	2	
CCC Fields	Full-sized	2	
Rotary Fields	Full/ small sized	2 full 3 small	
Legion Fields	Full sized	1	

Tennis Courts

Court	Type	Total	Lights
Peter Delanty	Tennis & Pickleball	3	x
Sinclair	Tennis & Pickleball	3	x

Advertise with the Cobourg Community Centre

ABOUT US:

Today, the CCC has daily visitors from across Northumberland County, Quinte West and Clarington. The facility is home to the 2017 RBC Cup Champions the Cobourg Cougars, the Cobourg ViewTech Kodiaks, Northumberland Minor Hockey Association, West Northumberland Girls Hockey Association, and the Cobourg Seniors Activity Centre with 1,000 members and counting. In addition to our seasonal organizations, the Bowl arena is our primary area for large concert style events, one being the Blue Rodeo concert that brought close to 2,700 spectators to the facility.

OUR ORGANIZATIONS:



Cobourg Cougars

- 27+ home games
- 450 + fans per game
- Top fan game attendance in the OJHL for the 2021/2022 season.
- Host of 2017 RBC Cup
- Host of 2021 Governors Showcase



Northumberland Nighthawks

- Upwards of 700 players in the league
- 20+ hours in weekly practices and games in both arenas.
- Bringing upwards of 65+ spectators per game
- Two large tournaments each year



West Northumberland Wild

- Upwards of 350 players in the league
- 10+ hours in weekly practices and games in both arenas.
- Bringing upwards 65+ spectators per game



Cobourg Kodiak Lacrosse

- Apart of the Major Series Lacrosse league.
- 9 home games plus tournaments per season.
- Bringing upwards of 1,000 spectators per game.

QUICK FACTS:

THE BOWL ARENA

- Walking track that is highly utilized by the community daily
- Minor hockey rents five plus hours every night from Monday to Friday for seven months of the year and over eight hours on weekends.
- Annual hosts of the local High School graduations each year with close to 1000 individuals in attendance
- Men's and adult shinny plays three days a weeks for seven months.
- Various highschool hockey games

THE POND ARENA

- Ice is utilized year round for daily hockey and local men's and women's recreational leagues.
- Practices and tryouts for the Northumberland Minor Hockey Association and OJHL.
- The Pond Arena is located adjacent to the CCC Grand Hall which is a central meeting location for families and children as well as the new home to the Cobourg and District Sports Hall of Fame.
- Hosts Adult Shinny five days a week
- Drop-In Adult Skating twice a week
- Public Skating four plus times a month.
- 10 plus Highschool hockey games
- Holds private Hockey Development Camps for the entire summer (Driven Hockey Performance, Puck-It)
- Our CCC ice and camp programs bring upwards of 1000 people to the arena annually.



P 905-372-7371 x8454
E Kelly Baldini
kbaldini@cobourg.ca

ARTS & CULTURE

Concerts & Performances

The Concert Hall at Victoria Hall

The Concert Hall at Victoria Hall is the cultural center of the Town of Cobourg. Located on the second floor of historical Victoria Hall, the Concert Hall was once the site of a grand ball for HRH Edward, Prince of Wales at the building's official opening. Today, history and heritage are beautifully married with modern art and performances as the Concert Hall plays host to local production companies and world-renowned artists and performers.

Host a Wedding or Event at the Concert Hall

The historic Concert Hall is a stunning setting for a wedding or event. Amateur and professionals have performed here since the 1860s. It is equipped with a portable stage and seating units, lighting, sound equipment, and dressing rooms. A Bechstein Grand Piano is also available on a limited basis. 2023 summer wedding dates are still available! For more information on booking the Concert Hall, call 905-372-2210.



Concert Hall Partners

Northumberland Orchestra and Choir

The Northumberland Orchestra and Choir (NOC) is a not-for-profit organization that is Northumberland County's first and foremost purveyor of beautiful orchestral and choral music.

The Northumberland Orchestra was founded under the guiding vision of Dr. Phillip Schaus in 1978 when enthusiastic local musicians united to form a symphony orchestra. A year later the local choral society joined with the orchestra as the newly constituted Northumberland Philharmonic Choir. Throughout its history, the Northumberland Orchestra and choir has included and encouraged young local musicians, many of whom are now pursuing professional musical careers.

With over 100 performing members in both the orchestra and choir, the NOC performs 6-8 concerts per year including performances in collaboration with SONG (Sounds of the Next Generation), Kawartha Lakes Singers, La Jeunesse Choir, La Jeunesse Youth Orchestra, Quinte Symphony and many talented and internationally renowned guests. The NOC performs all genres of music including classical, folk, jazz and contemporary.

Contact Information

T: 289-251-1191

E: info@northumberlandmusic.ca

www.northumberlandmusic.ca

FB: NorthumberlandOC



The Concert Hall is always looking for volunteer ushers for concerts, events, and performances.

If you are interested in being added to the list of volunteer ushers email concerthall@cobourg.ca



Concert Hall Partners

Northumberland Players

Northumberland Players prides itself as Northumberland County's premiere community theatre company, operating for the past forty-three years from the vibrant arts community of Cobourg! The Players perform in multiple venues in the area, offering dinner theatre at the Best Western Plus Cobourg Inn & Convention Centre, a musical every winter at the Capitol Cameco Arts Centre in Port Hope, a yearly Youth Theatre production in historic Victoria Hall, and several intimate productions at their headquarters in the Firehall Theatre, Cobourg.

The company also operates the largest costume house in the region with rentals available from their diverse stock of items collected over hundreds of productions. With over 400 active volunteers, a busy ten-production season schedule, a vibrant Youth Theatre/Summer Camp offering, and many free or low-cost workshops, the Players have something for everyone! Comedy, drama, classics and seasonal selections make our theatre an enticing outing for locals and visitors alike. For high quality, affordable productions within a short drive from anywhere in the county, please come check us out! Sign up for our email newsletter at nplay.ca/join and follow @NorthumberlandPlayers on social media

Contact Information

Firehall Theatre, 213 Second Street, Cobourg
T: 905-372-0577 or 1-888-881-0003
E: info@northumberlandplayers.ca
www.northumberlandplayers.ca



VOS Theatre

Drawing on a highly talented membership of actors, musicians, dancers, and singers from across Northumberland County, the VOS is a vibrant not-for-profit theatre group which has been presenting professional quality entertainment to the stage at Victoria Hall in Cobourg since 1990.

Their live theatre productions are a delight to the senses. Beautiful music performed by a live orchestra, delightful sets, elegant costuming and attention to detail are usually found only in high-cost professional theatre.

The VOS has a long-standing and strong tradition of providing talented local youth with ample opportunity to learn all facets of stagecraft from an established core of knowledgeable and nurturing older members.

Contact Information

T: 905-372-2210
E: theatre@vostheatre.com
www.vostheatre.com



A Loft Production

A Loft Production evolved from a downtown boutique theatre that focused on live music and arthouse film. After the cinema closed in August 2022 to make room for residential apartments. Live Concert productions continue to present exceptional professional musicians in exceptional settings - The Concert Hall at Victoria Hall and Trinity United Church.

Contact Information

E: kenprue@gmail.com
www.cobourgloft.ca



Concert Hall Concerts & Shows

To purchase tickets visit our Box Office at
www.experiencecobourg.ca

A Loft Production presents Garnet Rogers in Concert - October 14, 2022
Beginning his career working with his older brother and Canadian folk icon Stan Rogers, Garnet Rogers has pursued his own career in folk music with a style more modern, utilizing influences from blues, rock, country/bluegrass, and classical. Rogers' instruments include the guitar, mandolin, violin, and flute. In live performances, he usually sits beside a guitar rack that includes three vintage Gibson acoustic guitars, a National guitar, a Fender Stratocaster, and sometimes a Hammertone Octave 12 (half-scale electric 12-string guitar).

A Loft Production presents: The Dave Young/Terry Promane Jazz Octet - October 15, 2022

The Dave Young/Terry Promane Jazz Octet is a Big Band All-Star lineup of Canadian jazz musicians that embodies what many call "The Toronto Sound": well-crafted, uniquely voiced arrangements, distinctly Canadian musical sensibility, impeccable tuning, flawless execution, a wall of saxophones, world-class solos.

Sweetwater Country Music - October 16, 2022:

They're back! The Sweet Water Country Music Show is returning to The Concert Hall at Victoria Hall Sunday, Oct. 16 at 2:00 pm. The Sweet Water series, which enjoyed 15 sold-out seasons, couldn't ignore the many requests for its return. Come join Al Brisco, Steve Piticco, Dusty King Jr., Steve O'Connor, and all the gang for the best in classic country music.

NOC/Northumberland Hispanic Cultural Club presents: Hispania-Rodrigo guitar concerto - October 22, 2022

Inspired by the music of Classical, contemporary and jazz-influenced composers, "Hispania" will captivate the audience with Latin American and Hispanic flavored themes featuring several special guests.

ISN'T HE LOVELY...THE MUSIC OF STEVIE WONDER - October 29, 2022

Isn't he lovely- the music of Stevie Wonder is a celebration of the music of this iconic artist whose career has spanned three generations. Presented by ten of Canada's finest touring pros, this is a MUST-SEE CONCERT!!!

AN EVENING OF LED ZEPPELIN featuring MICHAEL WHITE & THE WHITE November 12, 2022

Performed at Trinity United Church, this best of Led Zeppelin show will feature hit songs including, Whole Lotta Love, Stairway To Heaven, Kashmir, Rock And Roll, Black Dog, Immigrant Song, Communication Breakdown, and more. The show will also feature the C.C.I. Music Department conducted by Peter Riccio.

Northumberland Players Christmas Concert - December 1-4, 2022

A Wonderful Christmas Time- Enjoy songs and carols of the season performed by the areas most talented vocalists. Cabaret seating in the beautiful Concert Hall at Victoria Hall.

Northumberland Players Charlie Brown Christmas - December 8-11, 2022

Northumberland Players Youth Theatre presents this holiday classic just in time for Christmas. The entire family can join the lovable Charles Schultz characters Charlie Brown, Snoopy, Lucy, Linus and the entire Peanuts gang as they sing, dance and learn that Christmas is more about giving than getting.

La Jeunesse Choirs presents: Hearthsong - December 17, 2022

This winter join us for a festive concert at Trinity United Church in Cobourg. With all our choirs performing, our choristers are sure to make your holiday season even brighter!

The Concert Band of Cobourg Annual Christmas Concert - December 18, 2022

The Concert Band of Cobourg presents their annual Christmas show featuring songs of the season - both classic and modern.

A Loft Production presents: Sultans of String with Rebecca Campbell and Saskia Tomkins - December 20, 2022

Celebrate the season with an adventurous musical trip around the world! 2015 JUNO Award nominees Sultans of String deliver an exuberant performance featuring originals, world-music inspired classics, and seasonal favourites to warm your heart on a cold winter's night.

Green Canoe presents: Banff Mountain Film Festival - January 18, 2023

Since 1976, the Banff Centre Mountain Film and Book Festival, a flagship program of Banff Centre, has been an industry leader in the celebration of Mountain Culture. The BMFF promotes understanding and appreciation of the world's mountain places by creating opportunities for people to share and find inspiration in mountain experiences, ideas, and visions. Following the festival each fall, our annual World Tour reaches more than 40 countries on 7 continents, making this the largest adventure film tour on the planet. With breath taking, awe-inspiring films, this film festival is not one to miss!!



ARTS & CULTURE

Museums & Galleries

Follow Us!

Facebook @ArtGalleryOfNorthumberland
Instagram @ artgalleryofnorthumberland
Twitter @ AGN_Cobourg
YouTube @ Art Gallery of Northumberland

Art Gallery of Northumberland (AGN) Education

The Art Gallery of Northumberland (AGN) presents intellectually stimulating exhibitions that spark conversations, inspire creativity and enlighten the minds of all ages. Featuring a year-round program of exhibitions, the AGN is committed to nurturing and promoting Canadian artists, and we strive to exhibit works that advance critical inquiry and community connection to contemporary visual arts. The AGN's Permanent Collection at present consists of over 1,500 works of local, regional, national, and international significance, predominantly by Canadian artists. One of the main functions of the AGN, and one to which we are deeply committed, is to be available and accessible as an educational resource for the public.

AGN Education - Learn About Art:

The AGN encourages learning through art, with a highly engaging program, supporting cognitive, fine motor, and emotional/affective development in children while encouraging joyful intergenerational engagement with art.

Youth Council

The program focuses on community building through volunteerism. The Youth Council works to initiate programming by youth for youth, including exhibitions, public art projects, events, and more. Youth Council members meet once a week from September 2022 to June 2023 with additional time spent on special projects specifically projects.

Art at Home

For at home art inspiration please subscribe to the AGN's YouTube Channel and check out their creative video projects that offer ideas and inspiration for making art.

Mini Art Gallery

In partnership with community leaders, presents the newest creative addition to Northumberland County, the Mini Art Gallery. The Mini Art Gallery project encourages the creation and delivery of art throughout our community, making art accessible to all while encouraging community engagement!

The AGN Education for Educators is designed for Ontario elementary teachers to use as a resource when planning their at-home and school education programs in the visual arts.

For Educators: Learn From Home

Using the Art Gallery of Northumberland's Permanent Collection as the subject matter, they offer conversation, reflection, and analysis points, as well as projects inspired by the works presented.

School Programs

AGN school programs bring students into the gallery for an hour of inspiration, conversation, and critical analysis. Students will have the opportunity to view current exhibitions at the Art Gallery of Northumberland and produce an artwork inspired by what they see.

Contact Information

Victoria Hall, West Wing, Third Floor | 55
King Street West
Cobourg, ON K9A 2M2 |
T. 905.372.0333
www.artgalleryofnorthumberland.com
Tara Lember | tlember@agncobourg.ca

Monday: Closed

Tuesday: 10:00 am - 4:00 pm

Wednesday: 10:00 am - 4:00 pm

Thursday: 10:00 am - 4:00 pm

Friday: Closed

Saturday: 12:00 pm - 4:00 pm

Sunday: Closed

Museums & Galleries

Cobourg Museum Foundation - Sifton-Cook Heritage Centre

Located in the Town's oldest stone building, the Heritage Centre uses story panels, videos and artifacts to recall our storied past. This year you'll meet "The Heinous, The Heroic & The High Flyers".

Admission: no charge, donation appreciated.

(Open Victoria Day Weekend to Thanksgiving)
Hours of Operation

July & August

Wednesday - Saturday: 10am-5pm

Sunday: 1-5pm

May, June, Sept. & Oct.

Open weekends only

Location

Corner of Orr & Durham Streets

Contact Information

T: 903-373-7222

E: info@cobourgmuseum.ca

www.cobourgmuseum.ca



**COBOURG MUSEUM
FOUNDATION**

*"bringing our story back
to life..."*

Canadian Women in Film Museum

Located in Marie Dressler's birthplace heritage home, the Canadian Women in Film Museum celebrates, through interactive displays, the only three Canadians who have won Best Actress Oscars, namely Marie Dressler, Mary Pickford, and Norma Shearer. These three trailblazers leveraged and subverted the gendered expectations of their era to make advancements in the 20th-century film industry that continue to inspire contemporary efforts to achieve gender equality. The museum also celebrates other remarkable women in front of, and behind the camera. The museum is open year round, please check their website for seasonal hours.

Contact Information

Canadian Women in Film Museum

Marie Dressler House

212 King Street West, Cobourg, ON K9A 2N1

www.cdnwomeninfilmmuseum.ca or

Marie Dressler Foundation website at

www.mariedressler.ca



Cobourg and District Sports Hall of Fame

Thanks to a group of dedicated volunteers who have collected and catalogued hundreds of sports memorabilia and historical information, the Cobourg and District Sports Hall of Fame opened in February of 2019.

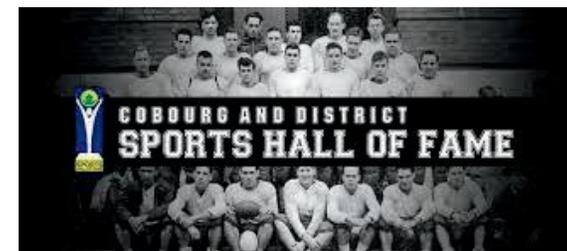
Located in the Grand Hall at the Cobourg Community Centre, the goal of the Sports Hall of Fame is to preserve the rich legacy of sport found within the Town of Cobourg, Alderville First Nation, and the Townships of Alnwick-Haldimand, Cramahe and Hamilton

Contact Information

E: Info@cdshf.ca

750 Darcy Street, Cobourg

www.cdshf.ca



ARTS & CULTURE

Arts, Crafts & Creativity

Cobourg Art Club

If you enjoy viewing art, creating art, visiting art shows, and collecting art, the Cobourg Art Club will be of interest to you.

Contact Information:

www.cobourgartclub.ca

Cobourg Poetry Workshop

This group creates and shares poetry in Cobourg.

Contact Information:

www.facebook.com/CobourgPoetry

Crock A Doodle

Enjoy the fun of pottery painting in this bright and cheerful studio. Their drop-in format welcomes people of every age and ability, all day long. Just walk in, choose a piece of pottery off the shelf, plan your pottery design, or follow one of theirs and doodle away. Also offered to take-home kits, project kits, virtual project classes, fundraising options, kid's birthday parties, ladies' nights, teambuilding, and corporate events. No reservations are required! Order online to paint offsite or visit to paint in the studio!

Contact Information:

169 Division Street, Cobourg

T: 905-372-5678

E: cobourg@crokdoodle.com

www.crokdoodle.com/cobourg

Northumberland Creates

Northumberland Creates is an artist database that exists to promote local artists of all disciplines in Northumberland County. Artists can sign up for free, and anyone can find the database at

www.facebook.com/northumberlandcreates or on Instagram @northumberlandcreates.

Contact Information:

E: northumberlandcreates@gmail.com

Northumberland Hills Stitchery Guild

The aim of the NHSG is to encourage and promote a sincere interest in embroidery, needlework and creative stitchery arts. Meetings are 2nd and 4th Tuesdays monthly, 9:15am to 12 noon, at the Lions Community Centre 157 Elgin St.E., Cobourg. Enquiries northumberlandhsg@gmail.com. All levels of experience welcome.

Contact Information:

E: northumberlandhsg@gmail.com

www.nhsg.ca

Northumberland Rug Hookers

Membership is open to anyone interested in rug hooking, from beginners to advanced fibre artists. Meetings give members a chance to enjoy fellowship and fun, the freedom to create anything they wish and the opportunity to share tips and techniques.

Contact Information:

E: nrhookers@gmail.com

www.northumberlandrughookers.blogspot.com/

Northumberland Photography Club

The Northumberland Photography Club is an all-volunteer club serving Northumberland County and the surrounding area. The group welcomes members of all skill levels and photography interests, from Novice to Master. Their goal is to share, learn, and grow their member's photographic skills in an inclusive environment.

Contact Information:

E: info_mail@northumberlandphoto.ca

www.northumberlandphoto.ca/

The Painted Tree - Classes

Offering Professional Custom Framing, Art Supplies, Plaquing, Canvas Stretching and Custom Canvas Printing.

Contact Information:

264 Division St.

T: 905-372-1313

E: thepaintedtree@hotmail.com

www.thepaintedtree.ca

Arts, Crafts & Creativity

Pine Ridge Art Association (PRAA)

Based in Cobourg, PRAA is a collective of Northumberland artists. The group hosts weekly open painting sessions, art exhibitions and a variety of creative art workshops.

Contact Information:

E: pineridgeartassociation@gmail.com

Yarn It!

Cobourg's local yarn store offers in-store and online knitting and crocheting workshops (schedule and offerings change monthly, so sign up for their e-newsletter for updates!) and also invites customers to sit and knit among friends. Not yet a knitter? That's okay! They offer a free learn to knit class--you just need to buy the yarn and needles. If you're still not sure, just visit, delight in the colours and beautiful fibres, and you'll find yourself inspired!

Contact Information:

Cathy Witlox

E: info@yarnitcobourg.ca

6D-9 Elgin Street

Cobourg, ON K9A 0A1

T: 289-252-1200

www.yarnitcobourg.ca

Movies & Film

Rainbow Cinema Cobourg

Enjoy a fun evening with family and friends at the Rainbow Cinema Cobourg. Grab some popcorn and a drink while you take in the latest box office hit on the big screen.

Contact Information:

Northumberland Mall

1111 Elgin St. W

www.rainbowcinemas.ca



Singing Groups & Bands

Choral Legacy

Choral Legacy is a local women`s choir who sing three part harmony in a wide variety of musical styles – from classical to jazz to show tunes. Although a working knowledge of music is helpful, the group rehearse note by note so that all musical skill levels are welcome.

Contact Information:

Shasta: 905-349-2188

E: shasta.morey@outlook.com

Vicki: 905-885-5268

www.chorallegacy.com



Singing Groups & Bands



Cobourg Legion Pipes and Drums

For over 50 years the Cobourg Legion Pipes and Drums have contributed to Cobourg and area, bringing Celtic consciousness and a supportive commitment to many local causes. From the Cobourg Highland Games to numerous parade appearances, Remembrance Day recognitions to summertime sunset piping, band members are proud and active participants in the multi-cultural fabric of our community and our country.

Drop by the Cobourg Legion any Tuesday evening and enquire about free pipe or drum lessons and an opportunity to join this dedicated band of citizen musicians.

Contact Information:

T:(289) 251-3734

T:(905) 372-5203

E:gloryb3@icloud.com

The Concert Band of Cobourg

The Concert Band of Cobourg is one of the most sought-after bands for parades and military tattoos throughout Ontario and beyond. The band also has a fine reputation in the formal concert setting, playing in many locales including its own Summer Concert Series every Tuesday evening in the months of July and August at the Bandshell of Cobourg's Victoria Park.

New members are always welcome. Please contact the Band ahead of time if you wish to come to a rehearsal.

Contact Information:

T: 905-372-0679

E: cbcrmab@cogeco.net

www.theconcertbandofcobourg.com

Joyfull Noise Choir

The Joyful Noise choir is the children's choir of Trinity United Church, Cobourg led by Dr. Debbie Fingas. The Young musicians, ages JK-Grade 6 meet once a week on Thursdays, September until Mother's Day, 4:30-5:15 to learn about music, sing, play instruments and participate in our annual Mother's Day musical.

The choir sings during church services approximately once a month. The dates for Sundays in the Fall 2022 are:

Oct 2, Oct 30, Nov 13, Dec 4 and Dec 24 4pm
Christmas Eve Family service.

Contact Information:

Trinity United Church

284 Division St. Cobourg, ON K9A 3R1

E:dffingas@trinitycobourg.ca

www.trinitycobourg.ca

La Jeunesse Choirs

La Jeunesse Choirs is a dedicated and respected charitable organization whose mission is to support, share and celebrate the diverse musical talents of Northumberland Ontario's youth. Our choir is a dedicated and respected charitable organization whose mission is to support, share and celebrate the diverse musical talents of Northumberland's youth. Many of their alumni have gone on to enjoy successful musical careers, including the renowned folk music trio.

Contact Information:

E: ljchoirs@gmail.com

www.lajeunessechoirs.com

Oriana Singers

The Oriana Singers present inspiring music across a variety of genres to audiences in Northumberland County and beyond. This vibrant community chorus demonstrates its enthusiasm for new learning experiences and stays challenged and thriving through presentations, vocal and diction coaching and collaboration with local musicians. From Handel's Messiah to local composers to Broadway show tunes, rehearsals, we continue to connect singers and spark joy! New members welcome! A short audition is required and singers are welcome to audit one of more rehearsals first.

Contact Information:

Lynn Janes

E:musicdirector@orianasingers.com

www.orianasingers.com/

Shout Sister Choir

Shout Sister! takes an unorthodox approach to choral singing. The group sings a fun variety of music from Pop and Motown to Folk, to a touch of Country and Blues. The choir learns from recorded tracks so there is no requirement to read music. No auditions necessary!

Contact Information:

www.shoutsisterchoir.ca

SONG (Sounds of the Next Generation)

SONG (Sounds of the Next Generation) is a free, socially inclusive choral and orchestral after-school music program for children and youth in Northumberland County. Inspired by El Sistema, SONG promotes social development through the pursuit of musical excellence. For our program schedule please view our website.

Contact Information:

E: info@songprogram.org

T: 905.269.7433

www.songprogram.org

Singing Groups & Bands



Jubilate Handbell Choir

Our handbell choir is open to anyone Grade 7 to adults. Bell ringers will learn the basics of handbell ringing and music reading, preparing music for church services and community concert events both as a stand-alone group and with the vocal choirs. New members welcome – no experience necessary! Rehearsals: Tuesdays from 7:30-8:30pm beginning Sept 13, 2022

Contact Information:

Trinity United Church Cobourg
Debbie Fingas
P: 905-375-9414
E: dfingas@trinitycobourg.ca

Chancel Choir

Our SATB adult choir leads worship each Sunday from September - May with singers having flexibility to sign out of Sundays that they are not able to attend. The choir sings anthem in a variety of musical styles, from classical to gospel to world music. Rehearsals focus on vocal technique, repertoire and occasional special projects. New members of all voice types are welcome! Rehearsals: Thursdays from 7:30-9:15pm beginning Sept 8, 2022

Contact Information:

Trinity United Church Cobourg
Debbie Fingas
P: 905-375-9414
E: dfingas@trinitycobourg.ca

Northumberland Chorus

Northumberland Chorus is an amazing group of women, singing harmony and having fun! The group sings and performs a-cappella, four-part harmony music, barbershop style.

Northumberland Chorus is looking for enthusiastic women who love to sing and perform. No need to read music, members are supplied with learning tracks for the entire repertoire so that you can learn and practice your music just about anywhere.

Contact Information:

T: Joan at 905-372-6675 or Cheryl at 905-372-6040
www.northumberland-chorus.com

Northumberland New Ventures Band

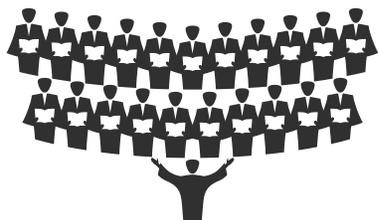
The Northumberland New Ventures Band program consists of a number of community bands composed of adults learning to play a musical instrument at various levels/experience. Their social group settings are a fun, no pressure environment to learn how to play an instrument. You can start learning: Flute, Oboe, Clarinet, Saxophone, Trumpet, French Horn, Trombone, Euphonium, Tuba, Electric Bass or Percussion.* some of the more expensive instruments are provided by the band.

The bands play many kinds of music depending on the makeup and experience of each group and they normally perform in public.

The New Ventures Band music season is from September through June with weekly Wednesday, Thursday and Friday rehearsals, depending on which group is right for you.

Contact Information:

Glenn Bailey
T: 289.252.2020
E: glennbailey854@gmail.com
www.newventuresband.com



ARTS & CULTURE

Dance Academies & Clubs

Cobourg Dance Club

Cobourg Dance Club promotes social friendship in Cobourg and surrounding areas. Its mission is to create a safe and happy atmosphere for everyone to come out make friends, meet other people, and dance. Talented Disc Jockeys provide dancers with great music geared to age 45 plus, including line dancing, Latin, ballroom, western and rock'n'roll.

Contact Information:

T: 289-927-1260

E: cobourgdanceclub@gmail.com
cobourgdanceclub.com/

High Pointes Dance Academy

High Pointes Dance Academy has been offering Cobourg the highest quality of training for recreational and competitive dancers in Cobourg for 19 years. Their outstanding programs and award winning choreography is what inspires, motivates and gives dancers the passion to excel and love the art of dance. Whether you are training for a professional career or dancing just for fun, the instructors at High Pointes guide all of their dancers in a positive and rewarding manner.

Contact Information:

450 Campell St., (behind Lafarge off Darcy St.)

T: 905-377-8029

E: hpda2002@gmail.com

www.highpointesdance.com

Premiere Dance Cobourg

Dynamic and modern dance studio, locally owned and operated by dance professionals from Cirque du Soleil, Toronto Dance Theatre, National Ballet, and more. The talented teachers are passionate about dance, specializing in RAD Ballet, Acro, Aerial Silks, Contemporary, ADAPT Jazz & Tap, HipHop and Musical Theatre combining experience and artistry to create a rewarding experience for their dancers.

- PreSchool, Children, Youth, Teens, Adults
- Examinations RAD Ballet and ADAPT Jazz & Tap
- Competitive and Performance Program
- Teacher Training program

Contact Information:

726 Ontario Street, Unit #2

Cobourg, ON K9A 5E7

T: 905-377-0711

www.premieredancetheatre.ca

Scottish Country Dancing classes in Cobourg

No kilt, no experience, no special shoes, no partner needed! Scottish Country Dancing is fun and sociable, and excellent exercise for the body and the mind. Classes resume on Wed. October 5, 2022 at C.R. Gummow School. Classes run from 7 sharp until 9 pm; \$7 drop-in fee

Contact Information:

311 Cottesmore Ave., Cobourg

T: 289-252-1819

E: cobourgsd@gmail.com



Just Dance Northumberland

Our mission is to Establish a substantial foundation of dance, while developing critical life skills, enhancing general physical fitness, all with a strong emphasis on community. We pride ourselves on creating an environment where every student who enters our studios is given the opportunity to be the best dancer they can be. We accomplish this through our professional and well-educated dance educators, intimate class sizes, multiple performance opportunities, and creating a safe environment.

- Pre-Dance: Ages 2 – 4 years
- Acro: Ages 4+
- Ballet: Ages 5+
- Contemporary: Ages 12+
- Jazz: Ages 4+
- Lyrical: Ages 9+
- Tap: Ages 4+
- Hip Hop 7+
- Adult Classes
- Competitive Team

Contact Information:

T: 905.377.0052

E: info@justdancenorthumberland.com

www.justdancenorthumberland.com



RECREATION & PROGRAMMING

Child & Youth Program & Facilities



The Squishy Goose

Welcome to your new home away from home! The Squishy Goose Indoor Playground is a brand-new space for Northumberland families to gather, relax, and celebrate together. We are locally owned and operated by families, for families. A place to play and party, we want to be your one-stop shop for family fun. Whether you're dropping in to burn off some energy, meeting up with friends (and making new ones!), or gathering with family for a birthday bash... we've got you covered. Come out and see our custom-designed, Canadian-made 3-story high play structure for yourself and let loose at the Goose!

Contact Information:

9 Elgin Street East, Unit 6E Cobourg

T:905-269 - 9632

info@squishygoose.com

Facebook, Instagram & TikTok

@squishygoosecobourg

www.squishygoose.com



THE
SQUISHY
GOOSE

Indoor Playground

YMCA Northumberland

Fall 2022 Registered Children's Programs

Rock Tumble + Roll

AGES 2-4 years

Wednesday 11am-11:45am

Through music + gymnastics, children will have a blast while developing fine and gross motor skills, coordination, balance and flexibility all while making new friends!

Thrill of Science

AGES 8-12 years

Wednesday 6pm-6:45pm

Children will experience doing different experiments! We will make predictions and see what happens. We will make new discoveries while working as a team.

Outdoor Adventurers

AGES 6-8 years

Sunday 1:00pm-1:45pm

Children will experience the outdoors by participating in different challenges every week. Trail hikes, games, team building and survivor skills.

Hoops, Shoots + Drills

AGES 9-12 years

Thursday 6:45pm- 7:30pm

This program is for those interested in not just one sport, but all the sports! In this session our participants will gain skills in Basketball, Soccer, Football and Floor Hockey! Each week the class will rotate sports and focus on new challenges and finish with a good game to practice their sportsmanship and teamwork.



RECREATION & PROGRAMMING

Child & Youth Program & Facilities



YMCA Northumberland

Fall 2022 Registered Children's Programs

Ready, Set, Cook!

AGES 6-9 years

Saturday 11:00am-12:00pm

Children will get to learn different skills in the kitchen such as food preparation, measurements, food groups and safety in the kitchen. We will be making new recipes each week! Yum!

Fall 2022 Drop-in Children's Programs

Pick Up Basketball

Monday 7:30-8:30pm

AGES 16+

Designated gym time for pick up basketball for young adults. Participants are expected to be respectful and display good sportsmanship.



Fun Zone

AGES 3-12 years

Tuesday 5:00pm- 7:00pm

A Drop In program where parents/guardians can bring their children while they access the facility, ie workout, swim, etc. Children will participate in gym games and activities.

To register and for pricing please visit our website www.ymcanrt.org



RECREATION & PROGRAMMING

Child & Youth Program & Facilities

Please visit the YMCA Northumberland's website for pricing and registration: www.ymcanrt.org

YMCA Northumberland Aquatics Programs

Y Waves Swim Team

Are you looking to add in a competitive edge to your swimming? Look no further! With the Y Waves swim team, you will build upon endurance, timing, and skill.

Prerequisite: 6 years of age and can swim continuously for 100 meters using a recognized stroke.

Jr Lifeguard Club

Junior Lifeguard Club offers serious fun for kids eight years and up who can swim at least 25 meters and tread water for two minutes. Learn about what lifeguards do, how they do it, and what it took for them to achieve their qualification! Participants will learn the building blocks to becoming an aquatic leader.



Operation Red Nose returns November 25, 2022 visit www.ymcanrt.org for more info.



+ FALL SESSION

YOUTH *Dance Night*

TICKET \$6 | FREE FOR MEMBERS
SNACKS FOR SALE
GRADES 6-8
339 ELGIN ST. W. COBOURG

OCTOBER 28 + DECEMBER 2ND
6:30 - 8:30 PM



CHILDREN CAMPS

YMCA Northumberland Camps



P.A Day Camps!

PA Day camps open to ages
6 years – 12 years.

- Camp Hours 8:00am – 5:00pm
- Extended hours are available as early as 7:00am and late pick up until 6pm (additional fees apply for extended hours)
- \$38/day for a member
- \$41/day for non member/day
- \$5 am extended hours/day
- \$5 pm extended hours/day
- \$10 both am and pm extended hours/day
- Registration Required

P.A Day Camp Dates

PA Day Camp Dates 2022/ 2023:

- Monday October 24, 2022
- Friday February 3, 2023
- Friday March 10, 2023
- Friday April 28, 2023

Holiday Camps!

Monday December 26 – Friday December 30, 2022

Monday January 2 – Friday January 6, 2023

Monday March 13 – 17, 2023

Camp takes place outside so please dress appropriate for the weather. Children will have a blast being outdoors, making new discoveries, playing games, making creations and swim! Children will need to bring with them swimsuit, towel, lunch and snacks (please no products that may contain nuts) and refillable water bottle. It is very important children dress for the weather and may need to pack extra clothing. For questions regarding any of our camps please call the YMCA Northumberland.



RECREATION & PROGRAMMING

Community Adult Programing

Anytime Fitness

Friendly, professional staff is trained to help you along your fitness journey, no matter how much support you need. Membership includes a free, no-pressure fitness consultation, global access to more than 4,000 gyms, and always open 24/7 convenience.

Contact Information:

500 Division St., Cobourg
T: 905-372-9020

www.anytimefitness.com



Bodilogix Fitness

The staff at Bodilogix believe you should be experiencing the quality of life you deserve. It's about optimal living and the vitality to take on everything you want in live, with energy to spare. It is their mission to help you embrace a healthier lifestyle and live happily ever active.

Contact Information:

726 Ontario St. Unit 8, Cobourg
T: 905-372-840

E: info@bodilogix.com

www.bodilogix.com



Cross Fit Cobourg

CrossFit is a program developed to offer a full-body workout that combines elements of cardio, weight lifting, gymnastics, core training and more to prepare the body for the unexpected. This high-intensity workout is extremely varied and all about getting the most bang for your workout buck.

Contact Information:

210 Willmott St., Unit 8A, ,
T: Scott: 905-269-9348 /
Bud: 905-396- 9348

E: info@crossfitcobourg.ca

www.crossfitcobourg.com



Curves

Over 25 years ago, Curves changed women's fitness by delivering studio fitness without the premium price. While the workouts are only 30 minutes, you feel the benefits long after. A Curves membership gives you the tools and support you need to reach your goals and set the stage for a healthier, more active future.

Contact Information:

884 Division Street, Cobourg
T: 905-372-1298

www.curves.com



Fitness Frenzy

Fitness Frenzy will help you achieve your fitness and health goals, quickly and safely. Improve your mood, energy and de-stress. As well as in person training, we offer online training and coaching, both synchronized and a-synchronized

Contact Information:

1040 Division St. Unit 10, Cobourg

T: 289-251-3308

E: bootcamp@live.ca

www.fitnessfrenzy.ca



The Ignite Company

IGNITE training combines strength, core, balance, flexibility, and cardio. Boot camps, yoga, youth performance, team training, small group training, and private sessions are available. When you show up to our classes, you aren't just walking into a gym - you are becoming part of our community. Visit our website to view membership options & drop-in rates.

Contact information

Social media: [@ignitecobourg](https://www.instagram.com/ignitecobourg)

E: theignitecompany@gmail.com

www.theignitecompany.ca



Community Adult Programing

Francesca Bonta

Offering a variety of Holistic Health services such as virtual yoga, in person and virtual private healing sessions, training, courses, retreats and a boutique with products to support your overall health & well-being.

Contact Information:

975 Elgin St. W. Unit 2 Cobourg

T: 289-251-2350

E; francescabonta@gmail.com

www.francescabonta.com

Living Well Centre

Northumberland's only fully equipped Pilates studio and Yoga Centre. Progressive and safe group classes: Pilates, Reformer, Stability Ball, Yoga, Barre, Somatic Movement, curated Specialty Series and Courses. Private Therapeutic Pilates specializing in Post-rehabilitation, Trauma Informed Care for PTSD, stress and Trauma, Non-Pharmaceutical pain relief.

Contact Information:

271 Spring Street, Cobourg

T: 905.396.YOGA (9642)

E: info@livingwellmovement.ca

www.livingwellmovement.ca

Northumberland Roller Skating Collective (NoCo RoCo)

NoCo RoCo brings the community together through a shared-love of roller skating. Whether you are experienced, just starting out, or are simply curious about roller skating, we invite you to join us! We organize seasonal indoor and outdoor meet-ups, learn to skate workshops and so much more.



Contact Information:

Amelia, Nikki and Nic

E: northumberlandrollerskating@gmail.com

Facebook: Northumberland Rollerskating Collective

Your Yoga Practice

Whether you are starting to explore yoga to help you move more freely, building your abilities for your own health benefits, or expanding your practice to find the deeper edges of your posture, the team at Your Yoga Practice can assist you. Yoga is most beneficial when it is tailored to your abilities and goals. This is Your Yoga Practice: your success is their primary focus.

Contact Information:

215 Water St., Cobourg

T: 905-376-3818

youryogapractice.ca



RECREATION & PROGRAMMING

Community Adult Programming



Fall 2022 Workshops at YMCA Northumberland

Gentle Mat Yoga – 6 week Session

Thursday's at 1 pm- 60 minute - Starts Oct 13

Join us for a six-week program that takes a more traditional approach to yoga for seniors. This will be a floor/mat practice that is slow-paced and body appropriate, with a focus on the mental and meditative benefits of yoga as we will slowly build to a full-hour practice that will incorporate many postures that will be modified, held longer, and paced slower. As we learn to tap inward and trust, breaks will be encouraged. Yoga is a very individual practice so no two people will experience the practice in the same way. Are you ready to take your practice to a new level?

GLIDE & RIDE

Friday 5:00 pm -Starting October 21 through November 25

This is a 6-week training program incorporating cardio drills on the Cybex bike and Total Gym, Encompass. This program will help to increase your aerobic and anaerobic endurance combined with the strength training exercise using exercises from the GRAVITY program. This will help to tone and sculpt your body while burning calories. This is a Medium to High-Intensity class. Included in the workshop: in-person/classroom instruction on the benefits of interval training, cardio training, and strength training. Assessments on strength and cardio endurance at the beginning and end of the workshop.

Falls Prevention

Wed Nov 16: 10:30 am -Nov Oct 22: 2:15 pm

Fall Prevention Programs focus on helping older adults stay active and improve/maintain balance, strength, and mobility. Among those who are 65 years or older, 35 - 45% of otherwise healthy adults fall at least once a year. Fall Prevention Programs can reduce the rate of falls in participants by 25 - 40 %.

Transformation Lite

Tuesdays 11:30am

Starts Nov 1 - 8 Week Program

Transformation Lite is an 8-week, weight loss program that combines a healthy approach to losing weight combined with a group exercise experience. Each week will incorporate a 30-minute workshop alongside a 40-minute Gravity class tailored to the needs of the group. With constant contact using a variety of platforms, your weight loss coach will motivate and support you with your weight loss journey. Included in this program will be a personalized exercise plan to help you attain your goals.

Satisfied Souls

10 weeks -75 minutes -Monday 6-7:30pm -Starts November 28

In this Class we look at 10 emotions. Participants are taught how to journal, how to exercise mindfulness and self-compassion, and how to acknowledge these emotions. Participants develop an understanding in which they can begin to appreciate that emotions cause us to feel a certain way, and have an action response, which then drives us to behave a certain way. Our Satisfied Souls workshop encourages us to learn about these sequences and journal them.

To register and for pricing information, please visit www.ymcanrt.org

RECREATION & PROGRAMMING

YMCA Northumberland Group Fitness Schedule

Group Fitness Schedule September 4 - December 24, 2022

No Classes on September 5 + October 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:45am Cyclefit	6:00 - 6:45am Gravity *	6:00-6:45am Cyclefit	6:00 - 6:45am CycleFit	
7:15-7:45am Core*				6:15-7:00am Bootcamp	
8:00 - 8:45am Gravity *	8:15-8:45am Core*	8:00 - 8:45am Gravity *	8:00-8:45am Gravity*	8:00-8:45am Gravity*	8:00-8:45am Saturday Circuit
9:00-9:45am Gravity*	9:00 - 9:45am Gravity : Prime Time *	9:00 - 10:00am Prime Time	9:00 - 9:45 am Gravity: Prime Time*	9:00 - 9:45am Gravity *	
9:00 - 10:00am Prime Time	9:00am-10:00am Arriba	9:00-9:45am Ball Strength*	9:00 - 9:45am Arriba	9:00 - 10:00 am Prime Time	9:00 - 10:00am Yoga Flow*
10:00 - 10:45am CycleFit	10:15am-11:00am Strong Bodies	10:00 - 10:45am CycleFit	10:15-11:15am Pickleball* (Starts Sept 15)	10:00-10:45am Cyclefit	
10:00 - 10:45am MuscleFit *			10:15 - 10:45am Core*	10:15-11:00am Strong Bodies	
11:15am - 12:15pm Yoga Flow*	11:15 - 12:00pm Baby & Mom*	11:00am - 12:00pm Yoga *		11:15am - 12:15pm Yoga*	
11:30 - 12:00pm Baby Water Bootcamp*			11:00am-12:00pm Restorative Yoga*	11:30 - 12:00pm Baby Water Bootcamp*	
1:00 - 2:00pm Chair Strength/Yoga		1:00 - 2:00pm Chair Strength	11:15-12:15pm Pickleball* (starts Sept 15)		
	5:00 - 5:45pm Gravity *			1:00 - 2:00pm Chair Strength/ Yoga	Sunday
5:30 - 6:15pm Gravity*	6:00-6:45am Cyclefit		5:00 - 5:45pm MuscleFit *		
	7:00-8:00pm Restorative Yoga*	5:30 - 6:15 pm Barre *	6:00 - 6:45pm Cyclefit		
6:00 - 7:00pm Strong Bodies Extreme	7:00-8:00pm Pickleball* (starts Sept 13)	6:00-7:00pm Strong Bodies Extreme			
6:30 - 7:30pm Yoga Flow*	8:00-9:00pm Pickleball* (starts Sept 13)	6:30 - 7:30pm Yoga Flow*			

YMCA Schedule

Monday - Friday - 5:00am - 9:00pm

Saturday - 6:30am-7:00pm

Sunday -7:00am - 5:00pm

All Group Fitness classes are subject to a minimum of three (3) participants.

Register and sign up for classes online at ymcanrt.org If you cannot attend your booked class, please contact 905 372-0161 to ensure the spot is made available to someone else.



RECREATION & PROGRAMMING

Teams, Clubs & Associations

Badminton:

Cobourg Badminton Club

The Cobourg Badminton Club plays Mondays and Wednesdays from 7:00 - 10:00 p.m. at the Cobourg Collegiate Institute. The 2022-23 season runs from September 26, 2022, to April 26, 2023. New players, competitive and recreational players over the age of eight are always welcome.

Contact Information:

T: 905-342-2620

cobourgbadmintonclub.com

Baseball & Softball

Cobourg Junior Angels Softball Association

The Cobourg Jr. Angels recognizes our young athletes by providing opportunities to play and seek personal excellence. The association strives to elevate the profile of our organization throughout the community and province.

2023 registration is now open!

Contact Information:

E: cobourgangels@gmail.com

www.cobourgangels.ca

Cobourg Legion Minor Softball

The Cobourg Legion Minor Softball Organization house league program encourages players of all ages and skill levels to participate in softball. We foster a safe environment of fun, physical exercise and fair play! Please check website for 2021 registration information.

Age Divisions: U5, U7, U10, U12, U14/U17

Contact Information

www.playfastball.ca

Northumberland Baseball Association

Northumberland Baseball is a combined effort of Cobourg and Port Hope competing in both an association House League system and the Eastern Ontario Baseball Association. Rep Teams 9U – 14U and House League. The Association hopes to open 2021 Season registration by end of March 2021.

Please check their website for more information.

Contact Information:

E: northumberlandbaseball@hotmail.com

www.northumberlandbaseball.ca

Basketball

Lakeshore Minor Basketball Association

The Lakeshore Minor Basketball Association offers both House League and U14 Major Bantam basketball. Programs start up in the fall of each year. All of their competitive teams play in the OBL (Ontario Basketball League) and typically train from October to May when Provincials occur. During the summer months the Association usually hosts at least two Basketball Development Camps for kids.

Contact Information:

T: 905-377-9361

www.lakeshorebasketball.ca

Curling

West Northumberland Curling Club

Offering Beginner, Novice, Women's, Men's, Mixed, Open and Junior Leagues as well as a Learn to Curl program for those new to the sport.

Contact Information:

Jack Heenan Arena

206 Furnace St, Cobourg

T: 289-252-2289

E: operations@wncc.ca

www.wncc.ca

Cycling

Cobourg Cycling Club

Competitive and recreational cycling. Cyclocross/Gravel Road, Mountain Bike Group Rides, Tempo rides and Time Trial Race Series.

For the 2021 season, registration has moved online. Please visit their website for more information.

Contact Information:

E: info@cobourgcyclingclub.com

cobourgcyclingclub.com

Cycle Transitions

Cycle Transitions' mission is to make cycling the most accessible form of transportation in Cobourg, breaking down economic barriers while reducing smog and congestion. You can repair your bicycle under the guidance of skilled technicians, take a workshop to learn new skills, purchase an affordably priced refurbished bicycle, or access Can-Bike cycling courses.

Contact Information:

NEW LOCATION – Building 17,

Northam Industrial Park, Cobourg

T: 289.251.8895

E: cycletransitions@gmail.com

www.cycletransitions.org

RECREATION & PROGRAMMING

Teams, Clubs & Associations

Cycling Continued

Northumberland Hills Cycling Club

The Northumberland Hills Cycling Club was founded in the spring of 2010. The inaugural ride was a phenomenal success and since then the group has grown to over 150 members. The NHCC strives to optimize flexibility & diversity while maintaining inclusiveness that's always been important to the Clubs culture.

Contact Information:

T: 905-376-8696

E: info@northumberlandhillscyclingclub.com

www.northumberlandhillscyclingclub.com/

Ganaraska Freewheelers Cycling Club

The Ganaraska Freewheelers is an organization that promotes safe recreational cycling in Northumberland County. Ganaraska Freewheelers enjoy the social aspects of cycling in a non-competitive environment. The group rides Tuesday mornings, Friday evenings and occasional weekend mornings. There are also annual weekend trips to other scenic and cycling friendly areas. Members take turns hosting rides for start locations from around Cobourg and Port Hope but also the surrounding areas. Rides are generally from 30 to 60 kilometers at a moderate pace and enjoy after ride get-togethers at local restaurants, member's homes or parks. Health and Safety concerns are constantly monitored and practiced.

Contact Information:

Barbara Spencer, President

E: barbara jean1947@gmail.com

www.ganaraskafreewheelers.com

Canoe, Kayak, Dragon Boat, SUP

Cobourg Dragon Boat and Canoe Club

Canoe, Kayak and Stand-Up Paddleboard programs, Dragon Boat programs, Competitive racing and summer camps.

Contact Information:

E: info@cobourgdbcc.ca

www.cobourgdbcc.ca

Cobourg Yacht Club

The Cobourg Yacht Club is quietly nestled beside the Cobourg Marina. The clubhouse sports a dining room with a mouth-watering menu and an exquisite view of Lake Ontario. The club provides programs such as summer camp, Learn- to-Sail, sailing instructions and hosts regular racing nights.

Contact Information:

cobourgyachtclub.wildapricot.org

OM SUP

OM SUP is a mindfulness based Stand Up Paddleboard company that infuses yoga practices with the spirit of SUP. Offering introductory SUP classes, Yoga SUP classes and special events.

Contact Information:

E: wildsacreddivine@gmail.com

www.omsup.ca

Survivor Thrivers Breast Cancer Dragon Boat Team

The Survivor Thrivers work together to inspire hope, to strengthen those affected by breast cancer and to support breast cancer research. Our members are at various stages of diagnosis, treatment and survivorship and range in age from 40 to 80. In the summer months, we paddle our dragon boat in the scenic Cobourg Harbour. In the off-season, we keep fit with dry-land, weight and aerobic training. In 2019, a second team, the Dusty Dragons took to the water. This is a non- competitive team who paddle for the joy of being together.

Contact Information

E: survivorthrivers@outlook.com

www.survivorthrivers.com

Golf

Cobourg Creek Golf Course

Cobourg Creek Golf Course is a public course offering golfers a picturesque 9 hole experience, located in the heart of Cobourg. The walkable course seamlessly blends into the natural surroundings. Experienced golfers will enjoy the extra challenge of the river bisecting the course.

Contact Information

T: 905-373-4444

www.themillincobourg.com

Gymnastics

Northumberland Gymnastics Centre

Gymnastics builds strength, endurance, flexibility, co-ordination and body awareness. NGC is the largest gymnastics facility in Northumberland County and is fully equipped for both men's and women's gymnastics and offer programs to suit all ages and abilities. The club offers Trampoline programs, Seasonal Camps, Sensory Programs, and more!

Contact Information:

8781 Dale Road, Cobourg

T: 905-269-7182

www.northumberlandgymnastics.uplifterinc.com

RECREATION & PROGRAMMING

Teams, Clubs & Associations

Hiking

Pine Ridge Hiking Club

The Pine Ridge Hiking Club is one of nine member clubs that make up the Ganaraska Hiking Trail Association who maintain the trail from Port Hope to the Bruce Trail and to Georgian Bay. Members hike in the beautiful rolling hills of Northumberland - a good way to get to know the out of the way villages and hamlets of the County - and also enjoy the challenge of completing the Ganaraska Trail end-to-end.

Contact Information:

www.pineridgehikingclub.ca

Hockey

Cobourg Cougars

The Cobourg Cougars are a member of the Ontario Junior Hockey League in the East Division. In addition to being the winners of the 2017 RBC Cup, there have been many members of the Cobourg Cougars who have moved on to Division 1, Division 3, USport, OHL, QMJHL and NHL rosters. Additional more information, including game schedules, can be found online at: www.cobourgcougars.com

Northumberland Minor Hockey Association

The Northumberland Nighthawks offers house league, select and rep hockey in Cobourg and Northumberland County.

Contact Information:

T: 905-372-7371 EXT: 8429

E: info@northumberlandminorhockey.com

www.northumberlandminorhockey.com/

Northumberland Bulldogs – Special Needs Hockey Team

The Northumberland Bulldogs are an organization for individuals of all ages who are developmentally and intellectually challenged. Their focus is to develop their athlete's skills and abilities so they are able to play and enjoy Canada's favorite sport! If an individual can move on skates, coaching staff will develop the rest of the skills required. The group is registered with Canada Special Needs Hockey and Special Hockey International. Coaches and volunteers are trained to work with intellectually/developmentally challenged individuals for skills development and our goal is to ensure that they develop to their ability level and have fun!

Contact Information:

Brian Brown

T: 905-376-2234

E: northumberlandbulldogshockey@gmail.com

Facebook: Northumberland Bulldogs Special Needs Hockey Program

West Northumberland Girls Hockey Association

The West Northumberland Girls Hockey Association (WNGHA) is committed to supporting the growth of girls' hockey and is proud to develop and promote girls' hockey within Northumberland County and the surrounding area. As part of the Ontario Women's Hockey Association (OWHA), the West Northumberland Wild has teams playing at both recreational and competitive levels.

Contact Information:

E: info@wngha.ca

www.wngha.ca/

Jiu-Jitsu

United Brazilian Jiu-Jitsu

United BJJ is committed to providing a friendly, family oriented environment for residents to learn effective Martial Arts. Their incredible staff, student base and instructors are excited to welcome you to their academy and support you and your family in achieving your goals.

Contact Information:

1040 Division Street, Cobourg

T: (905) 375-3113

www.unitedbjj.ca

Lacrosse

Cobourg Kodiaks

The ViewTech Cobourg Kodiaks are a Major Series Lacrosse team playing out of the Cobourg Community Centre. Regular season is from May to August. Please check website for information on the 2023 season.

Contact Information:

www.cobourgekodiaks.ca/HOME.html

Northumberland Lacrosse

Northumberland Minor Lacrosse offers Try Lax for FREE programs, in addition to House League and Rep programs for everyone age 3 & Up!

Contact Information:

E: Northumberland.lax@gmail.com

www.northumberlandlacrosse.com

RECREATION & PROGRAMMING

Teams, Clubs & Associations

Lawn Bowling

Cobourg Lawn Bowling Club

The Cobourg Lawn Bowling Club welcomes new and experienced members. For those who have never played before, the club offers free lessons for beginners without any membership obligation.

Contact Information:

177 Church Street, Cobourg

In Victoria Park at the corner of Church & Queen
T: 289-829-0182

www.cobourglawnbowlingclub.weebly.com/

Indoor Short Mat (Lawn Bowling)

The Short Mat Bowling Club is an affiliate of the Cobourg Lawn Bowling Club and new members are welcome. The club meets on Tuesday and Thursday afternoons at 1:00 pm at the Cobourg Community Centre from October to April. The principles of short mat bowling are similar to those of lawn bowling. The game is played on a mat 45 feet long by 6 feet wide using standard lawn bowls.

Contact Information:

T: 905-376-7539

E: Cobourg.lbc@gmail.com

www.cobourglawnbowlingclub.ca

Pickleball

Outdoor Pickleball

The Town of Cobourg has two outdoor Pickleball Courts located at Peter Delanty Park and Sinclair Park. Courts are free to use, however the courts can be booked for games, tournaments, or other recreational activities.

Contact Information

T: 905-372-7371

Indoor Pickleball

Through the Cobourg Seniors Activity Centre programming, the Cobourg Community Centre offers weekly open court times. The CCC has an active membership base who are always looking for new players. Please contact the CCC reception 905-372-7371 for details.

Rugby

Cobourg Saxons Rugby

The Cobourg Saxons Rugby Club offers a wide variety of rugby programs from Co-Ed Minor Flag Rugby through to Women's Touch Rugby. Flag rugby, an introduction to the sport of rugby, is offered for Under 8 and Under 10 age groups. Introduction to Contact, a modified form of contact rugby, starts at Under 12. Junior rugby is offered to boys and girls in Under 14, Under 16, Under 18 categories. Senior Rugby is for men and women 18 years and older. The Saxons also have both an Over 35 Men's Team and Women's Touch Rugby Team.

The Saxons home pitch is at Westwood Park. Practice times vary for each team, please see their website for more information.

Contact Information:

www.cobourgrugby.com

Soccer

Northumberland Soccer Club

The Northumberland Soccer Club offers both indoor and outdoor soccer for youth ages 4 – 18 and adults ages 19 and up.

Contact Information:

700 D'Arcy Street, Unit 1, Cobourg

T: 905-377-9361

E: info@northumberlandsoccer.com

www.northumberlandsoccer.com

Tae Kwon Do

Cobourg Tae Kwon Do

Cobourg Tae Kwon Do's dynamic Martial Arts Program has something for everyone. Children gain rock solid self-confidence, build unshakable self-esteem, and hone razor sharp focus, while adults get fit, improve flexibility and quickly eliminate stress!

Contact Information:

271 Spring Street, Cobourg

T: 905-373-0032

www.cobourgtaekwondo.ca/

Tennis

The Town of Cobourg has two multi-court Tennis Courts located at Peter Delanty Park and Sinclair Park. Tennis courts are free to use however, you are also able to book them for tournaments or other events.

Peter Delanty Park (Coverdale Tennis Club)

The Coverdale Tennis Club operates from May to October at Coverdale Park.

Contact Information:

President: Rod Gamble

289-252-0615

Sinclair Tennis Group

The Sinclair Tennis Group operates from April to November (weather permitting) at Sinclair Park. Monday, Wednesday and Friday club members play from 8:00am to 12:00pm.

Contact Information:

540 Sinclair Street

Volleyball

Breakers Volleyball

Northumberland Breakers Volleyball Club offers teams to compete in the OVA Indoor volleyball season.

Contact Information:

E: breakersvb@gmail.com

www.breakersvolleyball.com

GROUPS, CLUBS & ASSOCIATIONS

History & Heritage

Cobourg and District Historical Society

The Cobourg and District Historical Society promotes interest in the history of Cobourg and district and beyond, encourages the preservation of historical, archaeological and architectural heritage through monthly meetings featuring speakers, the publication of presentations and organizing and participating in special events. Our meetings are fun and lively, perfect for citizens who want to learn more about the Town we live in. New members are welcome! Monthly in-person meetings at Victoria Hall have resumed and are taking place in the Concert Hall where members and guests can social distance and mask if wanted. Join Us!

Contact Information:

www.cdhs.ca

New Canadians Centre Cobourg

The New Canadians Centre offers support to immigrants, refugees and other newcomers through immigration and settlement services, employment services and community connections. Programs include orientation to life in Canada, support with elementary and secondary school registration and orientation, free certified language assessment and referrals to language programs, social events for newcomers and social groups for women and youth. The centre continues to provide services virtually via phone, email, and video.

Contact Information:

905-377-8100

50 Covert St Cobourg

nccpeterborough.ca



Lakeshore Genealogical Society

The Lakeshore Genealogical Society is a group of family tree growers, historians and researchers mainly from Cobourg, Port Hope and surrounding areas of Northumberland County. The group meets regularly at Cobourg Library and/or via Zoom to exchange ideas, share discoveries and learn from visiting guest speakers. New members & visitors are welcome. Pre-registration is required. To register or make inquiries: LGSregister@gmail.com. To view our program, please visit our website.

Contact Information:

T: 905-377-0289

E: LGSregister@gmail.com

www.lakeshoregenealogicalsociety.ca

Muslim Community of Northumberland

The Muslim Community of Northumberland (MCN) is an open group for all Muslim families and their friends in Northumberland County. The MCN group participate in many social activities in the county.

Contact Information

E: mcn7654@gmail.com.

Northumberland Hispanic Cultural Club

The Northumberland Hispanic Cultural Club Inc (NHCC) was established by the Hispanic-American community in the County to provide a venue for its community members to come together to enjoy and participate in Hispanic American culture. The club aims to promote Hispanic American culture by holding events and performances that showcase Latin American art, music, food and literature. The club also aims to help and support new Canadians of Hispanic origin to adapt to their new home.

Contact Information:

www.northumberlandhispanic.ca

Victoria Hall Volunteers

The Victoria Hall Volunteers are a group of women dedicated to the preservation and enhancement of the heritage and historic aspects of Cobourg's Victoria Hall. The group achieve their mandate through advocacy, activities, tours, education and fundraising events. They host tours, wine tastings, shows, speakers, dinners and other activities which are fun for participants and form the basis of their fundraising. The Victoria Hall Volunteers usually meet in the Citizens' Forum, Victoria Hall, Cobourg, on the fourth Monday of the month from January to May, and September to November but the meetings are virtual at present. New members are always welcome.

Contact Information:

Diane Chin

T: 289-435-2015

E: dianemchin@gmail.com

www.victoriahallvolunteers.ca



GROUPS, CLUBS & ASSOCIATIONS

Agriculture & Horticulture & Environment



Cobourg Horticultural Society

The Cobourg Horticultural Society (CHS) is a community-based group of members devoted to sharing their love of gardening and all other aspects of horticulture. The Society advocates sound environmental practices and provide educational opportunities for its members through a variety of horticultural activities and projects. CHS meet on the 1st Wednesday of every month at 7:00pm at the Columbus Community Centre (currently we are meeting virtually!

Contact Information:

232 Spencer Street East, Cobourg
E: cobourghort@gardenontario.org
www.cobourggardenclub.ca



Cobourg Ecology Garden

The Cobourg Ecology Garden celebrates its 26th anniversary this year. Founded in 1996 by Minnie Pennell and run by volunteers, the garden demonstrates chemical-free, organic methods for growing a broad range of plants – from vegetables, to Prairie grasses, to hardy native species. It's a place to learn, share ideas and rekindle a sense of wonder at nature's complexity and beauty. The garden is located at the south end of Hibernia Street between Legion Village and the waterfront.

Contact Information:

E: ceginquiries@gmail.com
www.cobourgecologygarden.ca

Willow Beach Field Naturalists

Willow Beach Field Naturalists brings together nature lovers to explore, enjoy, and learn more about Northumberland County's diverse natural environment and to encourage its preservation. The group host regular meetings, manage projects in support of habitat preservation and enjoy regular outings and activities to explore natural areas, share experiences and learn through observation.

Contact Information:

www.willowbeachfieldnaturalists.org

Northumberland Land Trust

The Northumberland Land Trust welcomes supporters of outdoor activities who are concerned about the environment and climate change. The NLT is an all-volunteer, non-governmental charity committed to preserving the natural, historical and cultural heritage of Northumberland County. As a charity, the Land Trust accepts donations of land, fundraises to secure and manage selected nature reserves, enters into conservation agreements for the permanent protection of natural landscapes, forests, farms and waterways and provides public education and information on land conservation.

Contact Information:

Box 1153 Cobourg, ON, K9A 5A4
T: George Gordon 905-342-3851
E: info@nltrust.ca
www.nltrust.ca/

Sustainable Cobourg

Sustainable Cobourg is a volunteer, not for profit, NGO, created in 2008, that advocates for creating a Culture of Sustainability through its 6 Advisory Groups. We create a Culture of Sustainability by seeing the impact of all decisions and actions after assessing, not a single, but a triple bottom-line: planet, people, and profit, to paraphrase John Elkington. In other words, we must consider environmental stewardship, social responsibility and economic resilience. This perspective is what allows us to see with a lens of sustainability. Finding the right balance protects the future. Our 6 Advisory groups were created to focus on various areas of concern. They research and develop policy, organize activities, advocate around issues, and co-ordinate public events. For a list of 2022/2023 activities please visit our website.

Contact Information:

E: gludorfweaver@sustainablecobourg.ca
www.sustainablecobourg.ca



FALL & WINTER

TOWN GUIDE



Cobourg
"Ontario's Feel Good Town"

For the latest information and updates follow the Town of Cobourg all social media platforms



[townofcobourg](https://www.facebook.com/townofcobourg)



cobourg.ca



[townofcobourg](https://www.instagram.com/townofcobourg)



[TownofCobourg](https://twitter.com/TownofCobourg)



[townofcobourg](https://www.linkedin.com/company/townofcobourg)



[townofcobourg](https://www.youtube.com/townofcobourg)

TOWN OF COBOURG CONTACT LIST

Department	Phone
Building & Planning	905-372-1533
Cobourg Community Centre	905-372-7371
Campground	905-373-7321
Concert Hall	905-372-2210
Economic Development	905-372-5481
Finance / Taxes	905-372-8944

Department	Phone
Legislative Services	905-372-4301
Marina	905-372-2397
Parks	905-372-8641
Public Works	905-372-9971
Community Events/ Culture/ Tourism	905-372-9971
Victoria Hall Direct Line	905-372-4301

Please view the Town of Cobourg's website for the most current information regarding each department.

 cobourg.ca



WHO DO I CALL?

I want to know about...

Town Contact

Accessibility -----	Legislative Services
Building Permits -----	Building / Planning
Business Support-----	Economic Development
Community Events -----	Events/ Culture/ Tourism
Dog Bites, Dogs at Large -----	Bylaw
Facility Room Rentals at the CCC -----	Cobourg Community Centre
Ice/Park/Sports Field Permits -----	Cobourg Community Centre
Graffiti on Town Buildings -----	Bylaw
Hosting an Event -----	Events/Culture/ Tourism
Lot Grading/Drainage -----	Public Works
Illegal Dumping -----	Bylaw
Noise Problems -----	Bylaw
Marriage Licenses -----	Legislative Services
Outdoor Fires/Burn Permits -----	Bylaw
Potholes -----	Public Works
Park Lighting -----	Parks
Property Standards -----	Bylaw
Playground Equipment/Repair -----	Parks
Street Banners -----	Events /Culture
Snow Removal-----	Public Works
Subdivision Assumption -----	Building/Planning
Streetlights -----	Engineering
Tree/Broken Limb -----	Parks / Forestry
Traffic Signals/Street Signs -----	Public Works
Waste Overflow in Parks -----	Parks

Emergency Services, Government , & Community Contacts

Emergency Services: For immediate emergencies please call 911.

Fire Department -----	905-372-9789
Northumberland Hills Hospital (NHH)-----	905-372-6811
Police Department -----	905-372-6821

Community Contacts:

Business Advisory Office -----	905-372-9279
Chamber of Commerce -----	905-372-5831
Cobourg Library -----	905-372-9271
Downtown Business Improvement Area (DBIA)-----	905-377-8024
Farmers Market -----	905-373-4578
Food Bank -----	905-372-5308
Help Centre -----	905-372-2646
Info Northumberland-----	905-372-8913
Legal Aid-----	905-377-0627
Humane Society-----	905-885-7808
Northumberland Community Legal Services -----	905-373-4464
Northumberland County Garbage & Recycling -----	905-372-3329
Ontario Provincial Police Cobourg-----	905-372-5421
Lakefront Utilities -----	905-372-2193

Government:

Court Office -----	905-372-3751
Health Unit -----	1-866-888-4577
Landlord/ Tenant Board-----	888-332-3234
Member of Parliament (MP) -----	905-373-4595
Member of Provincial Parliament (MPP)-----	905-372-4000
MPAC-----	866-296-6722
Post Office-----	905-372-3349
Service Ontario-----	905-372-3813
Social Services-----	905-372-6846

LEGISLATIVE SERVICES

What We Do For Residents

Contact

Marriage Licenses & Civil Marriage Ceremonies

The Town of Cobourg's Legislative Services Department is here to assist you with getting married! If you have the required ID and applicable documents we can process your application and issue you a Marriage License. The Municipal Clerk's office offers Civil Marriage Ceremonies to couples who want to have a short (ten to fifteen minute) simple, non-religious marriage ceremony within the Town of Cobourg's nationally significant and very unique heritage Victoria Hall Court Room.

weddings@cobourg.ca

Mayors Office

The Mayor's Office is located at Victoria Hall 55 King St. W.

mayor@cobourg.ca.

Cobourg Municipal Council

Cobourg's Town Council is the legislative body that represents the citizens of Cobourg and is comprised of a Mayor, Deputy Mayor and five (5) Councilors who serve for a four-year term.

clerk@cobourg.ca

About Cobourg Municipal Council



Council conducts its business through Committee of the Whole and Regular Council meetings which are comprised of all members of Council. Unless otherwise noted, meetings are open to the general public held in the Victoria Hall, Council Chambers.

Bylaw Enforcement & Licensing

What We Do For Residents

Contact

Animal Control

Municipal Law Enforcement now provides on call services for animal control after 10 p.m. through to 8:30 a.m.

bylawenforcement@cobourg.ca

Dog Tags

Every dog residing in the Town of Cobourg is required to have and wear a current dog tag. Owners must renew their Animal License each year.

bylawenforcement@cobourg.ca

Licensing

The Town administers various licenses and permits for businesses, individuals and organizations to ensure public health and safety, consumer protection, fairness in business practices, and quality control of service.

bylawenforcement@cobourg.ca

Regulatory Bylaw Enforcement

The Town of Cobourg By-law Enforcement Staff and Officers are responsible for enforcement of all Municipal By-laws to ensure a safe quiet and pleasant environment for all residents and visitors. Municipal Law Enforcement provides services from 8:30 a.m. to 10:00 p.m.

bylawenforcement@cobourg.ca



PLANNING AND DEVELOPMENT SERVICES

What We Do For Residents

Administer Building Permits & Inspections

The Building Department's intention is to administer permit applications and issuance, conduct inspections in accordance with the Ontario Building Code and the Town of Cobourg's Zoning By-law, as well as other applicable laws and regulations to ensure the standards for construction and plumbing are consistent throughout the Province. Building Services also oversees property standards compliance.

Contact

planninginfo@cobourg.ca

Economic Development

Economic Development Department provides support to existing, new, and expanding businesses. Their offices are located at Venture13 Innovation and Entrepreneurship Centre

econdev@cobourg.ca



CORPORATE SERVICES

Finance / Taxes

What We Do For Residents

Contact

In - Person Services

Accounts receivable payments/inquiries

taxes@cobourg.ca

Accounts Payable

accountspayable@cobourg.ca

Taxes

taxes@cobourg.ca

At the Finance Counter the following in-person services are available.

- Tax payments/inquiries
- Accounts receivable payments/inquiries
- Parking Passes
- Parking Fines – payment Only
- Transit Passes / Tickets
- Garbage Tags – on behalf of the County of Northumberland

The Finance Department can be reached by telephone at 905-372-8944

TOWN OF COBOURG PARKS

The Town of Cobourg has over 53 beautiful parks and green spaces. Town staff. Many of the Town parks include features such as accessible picnic tables, playground equipment, wider pathways and curb cuts for ease of access for wheelchairs and strollers. Your efforts to help keep the parks clean will motivate others to do the same for all to enjoy!

Adult Fitness Park

Located at the Cobourg community Centre, 750 D'Arcy Street Cobourg, the adult fitness park has outdoor fitness equipment for all residents of the Town to enjoy.

Dog Park



We have a (9.24 ac) off-leash dog park located at 777 Ontario Street for all dog owners to enjoy. It is a large area with plenty of room for running, fetch and other pet friendly activities.

Cobourg Skatepark

The Skate Park at Donegan Park is open from 7 a.m. to 11 p.m. daily.

Cobourg Greenhouse

Located on Thompson St., the Greenhouse Complex is approx. 7500 square feet. All annual plants are grown at this location. Approximately 80,000 plants are grown in the greenhouses. Plants are grown for municipal gardens located in parks and municipal properties and downtown décor. The Rotary Floral Clock located in Victoria Park is filled with thousands of plants planted in a unique design. The 2022 floral clock was dedicated to the Queen's Platinum Jubilee. Poinsettias are also produced in the holiday season to decorate inside town buildings and facilities in December.

Outdoor Skating Rink

During the winter months, the fountain in Rotary Waterfront Park is transformed into a large skating rink for all ages to enjoy. The ice surface is flooded twice daily (weather dependent) and is open at all hours. The bus shelter doubles as a warm area for putting skates on and off.



Parks With Playgrounds

Parks that include playgrounds:

- Donegan Park - One playground with swings
- Fitzhugh Park - One playground with swings
- Ivy Park - One playground
- James J Tracey Park - One playground
- Lionel Tut Gutteridge Park - One playground with swings
- Morley Cane Park - One playground with swings
- Optimist Park - One playground with swings
- Peter Delanty Park - One playground with swings
- Peace Park - One playground
- Sinclair Park - One playground with swings
- Victoria Park - Two playgrounds
- Westwood Park - One playground with swings



MARINA & CAMPGROUND

The Town of Cobourg's campground is a quiet family campground with generous campsites and a choice of sunny or shaded sites, pull-thru sites and scenic tent sites along the creek. Nestled alongside the campground is the Historic Harbour and Marina found in the heart of the Lakeside Community of Cobourg.

Campground

For campground reservations please visit the website at cobourg.ca

The Victoria Park Campground is equipped with the following amenities:

- Washrooms and showers
- Laundry facilities
- Dumping station
- All transient trailer sites with electric and water, some include sewer
- Pop, ice and fire wood sold at campground office
- Tenting area (dryland, no water or sewer access)

Our campground office sells pop, ice and fire wood and can also offer information on events happening within Cobourg.

Office hours

During the peak season (May-September):

Monday to Sunday from 9:00 a.m. - 5:00 p.m.

T: 905-373-7321

For the campground rates, rules, and regulations please visit our website at cobourg.ca



Marina

The Town of Cobourg Marina offers seasonal docking, marina reservations, fishing, and beautiful scenic views to Town residents and visitors.

Cobourg Marina has created rules to promote the enjoyment of our guests and residents as well as being environmentally responsible. Please read our Marina Rules on cobourg.ca.

For rates and further information regarding the Cobourg Marina please contact us at, 905-372-2397.



VENTURE 13

VENTURE 13

About Us

Venture13 brings together early-stage entrepreneurs with our innovation partners to connect, empower and accelerate new ventures. It is a place and a pathway for business growth synchronized with economic development and diversification. Our goal is to partner with many to help build the industries of the future. Our facilities include: The Venture Zone, MakerLab and Innovation Commons.

We have now fully reopened to the public and welcome any entrepreneur, business, or community group to contact us to book an event space or inquire about access to our co-working space, the VentureZone.

Innovation Commons: Meeting & Event Space

INNOVATION COMMONS LECTURE HALL

- 80 Seats with Writing Tablets
- Easy-To-Use Presentation Tech
- Fibre WiFi
- HDMI Projector Screen
- Wireless Microphones
- Soft Seating for Speakers
- On-Site Kitchen Access
- Free Parking

\$325/Whole Day \$175/Half Day

Capacity: 80

SEMINAR ROOMS

- Easy-To-Use Presentation Tech
- Configurable Setup Styles
- Fibre WiFi
- Whole & Half Day Options
- HDMI Projector Screen
- Dry Erase White Board
- On-Site Kitchen Access
- Free Parking

Whole Room

8hrs - \$200 | Capacity:
4hrs - \$120 | 32

Half Room

8hrs - \$100 | Capacity:
4hrs - \$60 | 16

All Available Rental Spaces

- Dedicated Desks
- Private Offices
- Lecture Hall
- Seminar Room

Contact Us

T: 289-677-5490
E: info@venture13.ca
739 D'Arcy St, Cobourg, ON
K9A 0H6



Our Story

We are here to help entrepreneurs and companies connect, launch and grow their businesses with professionals that can offer mentorship, guidance, and one-on-one support.

Our 15,000 square foot building is a state-of-the-art technology centre converted into a thriving centre of opportunity. We have designed the space to connect and empower industry, investors, makers, the research community and other key partners locally and across the regional ecosystem. We provide a pathway for the commercialization of innovation, for economic development and diversification. We are ready for the challenges and opportunities of the technological age.



Christmas Magic

November 25, 2022

For more information visit www.experiencecobourg.ca



SANTA CLAUSE PARADE!

Saturday December 3, 2022
Parade starts at 6:00pm
experiencecobourg.ca



Looking to host a festival or community event in the Town of Cobourg?

Applications are available at www.cobourg.ca/en/town-hall/Municipal-Event-Application.aspx