



Child, Youth and Family Schedule

March 18 – June 23, 2024

HOURS Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | Sat., Sun. and Statutory Holidays: 08:00 – 16:00

HOLIDAYS: March 29 (Good Friday), March 31 (Easter Sunday), May 20 (Victoria Day)
Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:45 – 17:45 Youth Open Gym ○ Gymnasium #1 Ages: 13Y-17Y	15:45 – 17:45 Youth Open Gym ○ Gymnasium #1 Ages: 13Y-17Y	15:45 – 17:45 Youth Open Gym ○ Gymnasium #1 Ages: 13Y-17Y	15:45 – 17:45 Youth Open Gym ○ Gymnasium #1 Ages: 13Y-17Y	15:45 – 17:45 Youth Open Gym ○ Gymnasium #1 Ages: 13Y-17Y	09:00 – 11:15 Child Minding □ Playcare Room Ages: 2Y-6Y	08:00 – 11:00 Pickleball ◆ Ages: 13Y+
16:00 – 17:00 After School Swim Pool Ages: 6Y-12Y ○	16:30 – 17:30 Child/Pre-Teen Basketball ○ Gymnasium #2 Ages: 6Y-12Y	16:00 – 17:00 After School Swim ○ Pool Ages: 6Y-12Y	16:30 – 17:30 Child/Pre-Teen Badminton ○ Gymnasium #2 Ages: 6Y-12Y	17:00 – 18:00 Child/Pre-Teen Soccer ○ Gymnasium #2 Ages: 6Y-12Y	09:15 – 10:15 Family Tae Kwon Do – Beginners ■ Ages: 6Y+	11:15 – 13:00 Youth Open Gym ◆ Ages: 13Y-17Y
16:15 – 16:45 Preschool Active Play ■ Gymnasium #2 Ages: 3Y-5Y	16:30 – 17:30 Pre-Teen Dance ○ Studio Ages: 9Y-12Y	16:00 – 17:00 Child/ Pre-Teen Pickleball ○ Gymnasium #2 Ages: 6Y-12Y		17:00-18:00 Pre-Teen Hip Hop ○ Studio Ages: 9Y-12Y	10:30 – 11:30 Family Tae Kwon Do – Intermediate ■ Ages: 6Y+	13:00 – 15:45 Open Gym ◆
17:00 – 17:30 Preschool Creative Play ■ Playcare Room Ages: 3Y-5Y	17:45 -18:30 Child Dance ○ Playcare Room Ages: 6Y-8Y	17:00 – 17:45 Child Active Play ○ Gymnasium #2 Ages: 6Y-8Y			12:00 – 12:45 Child Dance ■ Studio Ages: 6Y-8Y	13:30 – 14:30 Y Kids Academy ■ Conditioning Room Ages: 11Y-12Y
17:15 – 18:15 Pre-Teen Active Play ○ Gymnasium #2 Ages: 9Y-12Y	18:00 – 19:00 Karate: Beginners (White and Yellow) ■ Ages: 6Y+	17:15 – 18:15 After School Creative Play ○ Conference Room Ages: 6Y-12Y	18:00 – 19:00 Karate – Beginners (White & Yellow) ■ Ages: 6Y+	18:15 – 19:15 Famiy Hip Hop ■ Studio Ages: 6Y+	13:00 – 14:00 Pre-Teen Dance ■ Studio Ages: 9Y-12Y	
17:45 – 18:15 Preschool Dance ■ Playcare Room Ages: 3Y-5Y	19:00 – 20:00 Karate: Intermediate (Orange to Blue) ■ Ages: 9Y+	17:30 – 19:30 Child Minding □ Playcare Room Ages: 2Y-6Y	19:00 – 20:00 Karate: Intermediate (Orange to Blue) ■ Ages: 9Y+	18:15 – 19:45 Y Youth Night ◆ Gymnasium Ages: 13Y-17Y	11:45 – 12:45 Pre-Teen Basketball ■ Gymnasium #2 Ages: 9Y-12Y	
	20:00 – 20:30 Karate: Advanced (Brown and Black) ■ Ages: 9Y+		20:00 – 20:30 Karate: Advanced (Brown and Black) ■ Ages: 9Y+		13:00 – 13:45 Child Basketball ■ Gymnasium #2 Ages: 6Y-8Y	
					11:45 – 13:45 Youth Open Gym ◆ Gymnasium #1 Ages: 13Y-17Y	

Y After Class – Taking place during weekdays after 3:30PM, Y After Class offers programs to keep kids engaged after their school day.

Session registration is required. To learn more visit ymcaottawa.ca/health-fitness/health-fitness-programs/child-programs/

○ Programs included in a Y membership.

◆ **Drop-in program.** Day pass fee required for non-members.

□ **Booking required.** Day pass fee required for non-members. Bookings can be made up to one week in advance and can be made in person, by phone or online. Note: Online bookings can only be made by Y members.

■ **Session registration required.** Session fee required for members and non-members. Note: Two free registered programs are included per session in a Y membership. Some exceptions apply. For full membership details, visit ymcaottawa.ca/health-fitness/how-to-join. Session registrations can be made in person, by phone or online.

To learn more about registering or booking your spot, visit ymcaottawa.ca or call or visit your local Y. To reserve your spot online, [log in to your account](#).

Schedule is subject to change.

Program Descriptions

After School Swim | Ages: 6Y-12Y

Fun open swim. Play and refresh after a long day in class. Subject to YMCA Aquatic Admission Standards.

Child / Pre-Teen Basketball | Ages: 6Y-8Y / 9Y-12Y

Take part in basketball skill development. Focus is on fun, participation, team work and fair play.

Child / Pre-Teen Indoor Soccer | Ages: 6Y-8Y / 9Y-12Y

Take part in soccer skill development. Focus is on fun, participation, team work and fair play. Staff will lead children through warm ups and drills to develop fundamental soccer skills. Game oriented activities will be a part of the program. No previous playing experience required.

Child / Pre-Teen Badminton | Ages: 6Y-8Y / 9Y-12Y

Take part in badminton skill development drills and pick-up games. Focus is on participation and fun. Equipment is available.

Pickleball | Ages: 13Y+

Pickleball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. This program is for players of all ages and abilities. Focus is on participation and fun.

Family Tae Kwon Do – Beginner | Ages: 6Y+

This introductory course for beginners is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing. No experience required.

Family Tae Kwon Do – Intermediate | Age: 6Y+

This Intermediate (orange and green belts) course is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing.

Karate – Beginner | Age: 6Y+

Fun and fitness for the whole family. This beginner Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. No experience required.

Karate – Intermediate/Advanced | Age: 9Y+

Fun and fitness for the whole family. This intermediate Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. Yellow belts and above.

Open Gym

Dedicated open gym time to play and have fun together while establishing a foundation for healthy, active living. Y staff will monitor activity and provide access to a variety of sports equipment.

Preschool / Child / Pre-teen Active Play

Ages: 3Y - 5Y / 6Y-8Y / 9Y-12Y

A fun introduction to active play that develops the ABC's of movement - Agility, Balance, and Coordination. By learning fundamental movement skills such as running, jumping and throwing, preschoolers will understand the value of incorporating physical activity as an exciting part of everyday life.

Preschool / Child / Pre-Teen Creative Play

Age: 3Y-5y / 6Y-8Y / 9Y-12Y

Preschoolers get creative and explore through a variety of activities such as arts, drama and games. Children will build self-confidence while developing their imagination.

Child / Pre-Teen Dance | Ages: 6Y-8Y / 9Y-12Y

A high energy, fun dance class that teaches fundamental movement skills and the basics of a variety of dance styles such as jazz, ballet, and hip hop. Children explore individual creativity and expand motor skill development.

Y Youth Night | Ages: 13Y-17Y

Teens are welcome to hang out with friends and Y staff for different sports and activities each week, such as basketball, guided workouts, fitness and health tips, group fitness classes, special events, guest speakers and more.

Child and Youth Age and Access Policies

Children under 10 years must be accompanied by a parent/ guardian who is 16 years or older and remain in the same program space with the parent/guardian at all times (unless child is participating in a Y staff-led program).

Children aged 10-12 years may access facility without a parent, but must complete the free Y Kids Academy program in order to use the conditioning floor. Children 10-12 years can participate in pre-teen programs by signing themselves in and out of programs as long as parents/guardians have completed the Child, Youth and Family Program Sign-In/Out waiver form.

Youth 13 years and older may access facilities, programs and conditioning floor unaccompanied.