



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
16:00 – 18:00 Youth Open Gym ○ East Gym Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ○ East Gym Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ○ East Gym Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ○ East Gym Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ○ East Gym Ages: 13Y-17Y	08:30 – 09:45 Family Pickleball ◆ Ages: 6Y+	08:00 – 09:00 Family Open Gym ◆ Ages: 6Y+
16:00 – 17:00 After School Swim ○ Pool Ages: 6Y-12Y	16:00 – 19:00 Supervised Kids Zone ○ Ages: 6Y-12Y	16:00 – 17:00 After School Swim ○ Pool Ages: 6Y-12Y	16:00 – 19:00 Supervised Kids Zone ○ Ages: 6Y-12Y	16:00 – 17:00 Child/Pre-Teen Basketball ○ West Gym Ages: 6Y-12Y	10:00 – 11:00 Family Tae Kwon Do – Beginner ■ Ages: 6Y+	09:00 – 11:00 Family Badminton ◆ Ages: 6Y+
17:15 – 18:00 Child Active Play ○ West Gym Ages: 6Y-8Y	16:30 – 17:30 Child/Pre-Teen Indoor Soccer ○ West Gym Ages: 6Y-12Y	17:15 – 18:15 Pre-Teen Active Play ○ West Gym Ages: 9Y-12Y	16:30 – 17:30 Child/Pre-Teen Badminton ○ West Gym Ages: 6Y-12Y	17:15 – 19:15 Y Camp Express Ages: 6Y-12Y	11:15 – 12:45 Youth Open Gym ◆ Ages: 13Y-17Y	11:00 – 12:15 Youth Open Gym ◆ Ages: 13Y-17Y
16:00 – 19:00 Supervised Kids Zone ○ Ages: 6Y-12Y	17:45 – 18:45 Open Soccer ◆ West Gym Ages: 13Y+	16:00 – 16:30 Preschool Active Play ■ West Gym Ages: 3Y-5Y	17:45 – 18:45 Open Badminton ◆ West Gym Ages: 13Y+	17:30 – 19:45 Y Youth Night ◆ Gymnasium Ages: 13Y-17Y	Birthday Parties 10:00 – 12:00 13:00 – 15:00 (To book a birthday party, call or visit your local Y).	Birthday Parties 12:30 – 14:30 (To book a birthday party, call or visit your local Y).
17:15 – 18:15 Y Kids Academy ○ 3rd Floor Room Ages: 11Y-12Y	19:00 – 20:45 Open Volleyball ◆ West Gym Ages: 13Y+	16:30 – 17:00 Preschool Creative Play ■ Studio A Ages: 3Y-5Y	17:30 – 18:30 Youth Conditioning ■ Conditioning Room Ages: 13Y-17Y			
		17:00 – 19:00 Child Minding □ Studio A Ages: 2Y-6Y	19:00 – 20:45 Open Volleyball ◆ West Gym Ages: 13Y+		Kid's Zone (Parent supervision required) Mon - Fri: 10:30 – 14:00 Wed, Fri: 16:00 – 19:00 Sat: 08:00 – 09:45, 14:30 – 15:45 Sun: 08:00 – 12:00, 14:00 – 15:45	
		18:00 – 18:45 Child Basketball ■ West Gym Ages: 6Y-8Y				
		19:00 – 20:00 Pre-Teen Basketball ■ West Gym Ages: 9Y-12Y				

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 / Family Badminton

Ages: 6Y-8Y / 9Y-12Y / 6Y+

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

Family Pickleball | Ages: 6Y+

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.

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 Creative Play | Age: 3Y - 5Y

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.

Youth Fitness | Ages: 13Y-17Y

Join us to take your fitness to a new level. Youth will have the opportunity to try new equipment, get fitness tips from a trainer and/or try a variety of fitness classes with a different focus each week.

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.