



Child, Youth and Family Schedule

September 9 – December 22, 2024

HOURS **Mon. – Thu.:** 06:30 – 21:00, **Fri.:** 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00
HOLIDAYS: October 12, 13, 14 (Thanksgiving Weekend) 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 <i>Gymnasium</i> Ages: 13Y-17Y ◆	16:00 – 17:45 Youth Open Gym <i>Gymnasium</i> Ages: 13Y-17Y ◆	16:00 – 18:00 Youth Open Gym <i>Gymnasium</i> Ages: 13Y-17Y ◆	16:00 – 18:00 Youth Open Gym <i>Gymnasium</i> Ages: 13Y-17Y ◆	16:00 – 18:00 Youth Open Gym <i>Gymnasium</i> Ages: 13Y-17Y ◆	08:00 – 9:15 Child Minding <i>Studio A</i> Ages: 3Y-5Y □	11:15 – 12:45 Family Pickle Ball <i>West Gym</i> Ages: 6Y+ ◆
16:45 – 19:45 Supervised Kid Zone <i>Kid Zone</i> Ages: 6Y+ ◆	16:45 – 19:45 Supervised Kid Zone <i>Kid Zone</i> Ages: 6Y+ ◆	16:30 – 17:30 After School Swim <i>Pool</i> Ages: 6Y-17Y ◆	18:15- 19:00 Pre-School Fundamentals: Sports & Movement <i>East Gym</i> Ages: 3Y-5Y ■	16:30 – 17:30 After School Swim <i>Pool</i> Ages: 6Y-17Y ◆	08:00 – 09:30 Supervised Kid Zone <i>Kids Zone</i> Ages: 6Y-12Y □	11:15 – 12:45 Family Basketball <i>East Gym</i> Ages: 6Y+ ◆
18:00 – 19:30 Family Active Play <i>Gymnasium</i> Ages: 6Y+ ◆	18:45 – 20:15 Child Minding <i>Studio A</i> Ages: 3Y-5Y □	18:15 – 19:00 Child & Pre-Teen Basketball <i>East Gymnasium</i> Ages: 6Y-12Y ■	18:15 – 19:00 Child Fundamentals: Sports & Movement <i>West Gym</i> Ages: 6Y-9Y ■	18:00 – 18:45 Child & Pre-Teen Soccer <i>East Gymnasium</i> Ages: 6Y-12Y ■	11:15 – 12:45 Family Pickle Ball <i>West Gym</i> Ages: 6Y+ ◆	13:00 – 14:00 Youth Open Gym <i>Gymnasium</i> Ages: 13Y-17Y ◆
	18:00 – 19:00 Taekwondo <i>Gymnasium</i> Ages: 6Y+ ■	18:15 – 19:00 Pre-School Active Play <i>West Gymnasium</i> Ages: 3Y-5Y ■	19:15 – 20:00 Child & Pre-Teen Pickle Ball <i>West Gym</i> Ages: 6Y+ ◆	18:15 – 19:00 Pre-School Active Play <i>West Gymnasium</i> Ages: 3Y-5Y ■	11:15 – 12:45 Family Soccer <i>East Gym</i> Ages: 6Y+ ◆	
	18:00 – 20:00 Youth Zone <i>Third floor, Youth Zone</i> Ages: 13Y-17Y ◆	19:15 – 19:45 Child Active Play <i>Gymnasium</i> Ages: 6Y-9Y ◆	18:00 – 20:00 Youth Zone <i>Third floor, Youth Zone</i> Ages: 13Y-17Y ◆	19:15 – 20:00 Youth Night in the Gym <i>Gymnasium</i> Ages: 13Y-17Y ◆	13:00 – 14:00 Youth Open Gym <i>Gymnasium</i> Ages: 13Y-17Y ◆	
		18:00 – 20:00 Youth Zone <i>Third floor, Youth Zone</i> Ages: 13Y-17Y ◆			Kid's Zone Parent Supervised Mon – Fri 07:45 – 09:45, 11:45-14:45 Wed, Thu, Fri 16:15 – 19:45 Sat 10:00 – 15:45 Sun 08:00 – 15:45 Y Staff Supervised Mon, Tue 16:45 – 19:45 Sat 08:00 – 09:30 *Subject to bookings and changes.	
			Birthday Parties Saturdays & Sundays 10:00 – 12:00 13:00 – 15:00 (To book a birthday party, call or visit your local Y).			

- ◆ **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 [How to Join | YMCA of the National Capital Region \(ymcaottawa.ca\)](http://How to Join | YMCA of the National Capital Region (ymcaottawa.ca)) . 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. Schedule is subject to change.

Program Descriptions

Youth Open Gym | Ages: 12Y – 17Y

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

Open Gym & Family Open Gym | Ages: 6Y +

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.

Child Active Play | Ages: 6Y - 8Y

A fun introduction to active play that develops the ABC's of movement – Agility, Balance and Coordination. Building on fundamental movement skills such as running, jumping and throwing, children will be exposed to a variety of sports while learning that physical activity is an exciting part of everyday life.

Child & Pre-Teen Basketball | Ages: 6Y-12Y

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

Pre—School & Child Creative Play |

Ages: 3Y – 5Y & 6Y - 8Y

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 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.

Youth Zone | Ages: 12Y – 17Y

Youth Zone is a hang out, play foosball, video games, board games and relax kind of space! Bring friends or make new ones, this space is a safe space for youth to just be youth.

Open Volleyball | Ages: 6Y +

If you enjoy practicing your serving or spiking skills, Open Volleyball might be the place for you! Join people from all ages and experiences with Volleyball and learn together!

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.