



Child, Youth and Family Schedule

January 9 to April 2, 2023

HOURS: Mon. – Fri.: 06:30 – 20:00 | Sat., Sun. and Statutory Holidays: 09:00 – 15:00
HOLIDAYS: Mon., Feb. 20, 2023 (Family Day) – Open 09:00 – 15:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	16:00 – 17:30 Y After School Drop-in Ages: 6Y-12Y □		16:00 – 17:30 Y After School Drop-in Ages: 6Y-12Y □		09:00 – 11:00 Child Minding Ages: 2Y-6Y □	
16:00 – 17:45 Youth Volleyball Ages: 13Y-17Y <i>Gymnasium #1</i> ◆	16:00 – 17:45 Youth Badminton Ages: 13Y-17Y <i>Gymnasium #1</i> ◆	16:00 – 17:00 Youth Volleyball Ages: 13Y-17Y <i>Gymnasium #1</i> ◆	16:00 – 17:45 Youth Open Gym Ages: 13Y-17Y <i>Gymnasium #1</i> ◆	16:00 – 18:00 Family Open Gym Parent and Child <i>Gymnasium #1</i> ◆	09:00 – 10:00 Family Tae Kwon Do – Beginner Ages: 6Y+ ■	
		16:00 – 17:00 Youth Open Gym Ages: 13Y-17Y <i>Gymnasium #2</i> ◆			09:30 – 12:30 Y Home Alone Ages: 10Y-12Y *March 4 ■	
17:30 – 19:30 Child Minding Ages: 2Y-6Y □		17:30 – 19:30 Child Minding Ages: 2Y-6Y □			10:15 – 11:15 Family Tae Kwon Do – Intermediate Ages: 6Y+ ■	
17:00 – 17:30 Preschool Dance Ages: 3Y-5Y <i>Studio</i> ■	17:15 – 17:45 Preschool Active Play Ages: 3Y-5Y <i>Gymnasium #2</i> ■		17:30 – 18:00 Preschool Creative Play Ages: 3Y-5Y <i>Conference Room</i> ■		10:30 – 13:00 Babysitting Course Ages: 11Y-14Y *January 21 ■	
	15:30 – 17:00 Y Kids Academy Ages: 11Y-12Y *Starts Jan. 10 ■	17:15 – 18:15 Child Basketball Ages: 6Y-8Y <i>Gymnasium #1</i> ■	18:00 – 19:00 Family Karate – Beginner Ages: 6Y+ ■	18:00 – 20:00 Youth Open Gym Ages: 13Y- 17Y ◆	11:15 – 12:15 Child & Pre-Teen Dance Ages: 6Y-12Y <i>Studio</i> ■	
18:00 – 19:00 Pre-Teen Volleyball Ages: 9Y-12Y <i>Gymnasium #1</i> ■	18:00 – 19:00 Family Karate – Beginner Ages: 6Y+ ■	17:15 – 18:15 Pre-Teen Basketball Ages: 9Y-12Y <i>Gymnasium #2</i> ■	18:15 – 19:15 Child Creative Play Ages: 6Y-8Y <i>Conference Room</i> ■		11:30 – 12:30 Child & Pre-Teen NHL Street Hockey Ages: 6Y-12Y <i>Gymnasium #1</i> ■	
18:00 – 19:00 Child Indoor Soccer Ages: 6Y-8Y <i>Gymnasium #2</i> ■	18:30 – 20:00 Family Karate – Intermediate Ages: 9Y+ ■	18:30 – 19:30 Family Tae Kwon Do – Beginner Ages: 6Y+ ■	18:30 – 20:00 Family Karate – Intermediate Ages: 9Y+ ■		12:30 – 14:30 Birthday Parties (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 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

Birthday Parties

Birthday parties at the Y give children the chance to play, have fun and celebrate the way they want to! Y staff will handle the games, fun and clean up. *For more information and to book your next birthday party, call or visit your local Y.*

Preschool Active Play | Age: 3Y - 5Y

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.

Preschool / Child / Pre-Teen Dance

Age: 3Y-5Y / 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.

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-8Y / 9Y-12Y

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

Child Indoor Soccer | Ages: 6Y - 8Y

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.

Family Karate: Beginner | Ages: 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. Families are encouraged to register together.

Family Karate – Intermediate | 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.

Family Tae Kwon Do – Beginner | Age: 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) and Advanced (blue belt and above) 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.

Child/ Pre-Teen NHL Street Hockey | Age: 6Y-8Y / 9Y - 12Y

Brought to you by the NHL and the Ottawa Senators, this Community program encourages Pre-Teens to learn the fundamentals of ball hockey through game play and teamwork.

Pre-Teen / Youth Volleyball | Age: 9Y-12Y / 13Y - 17Y

Take part in volleyball skill development. Focus is on fun, participation, team work and fair play. Introduction program to develop basic skills and introduce some team concepts and rules of volleyball.

Y Home Alone | Age: 10Y - 12Y

This program teaches the necessary skills and knowledge to be safe and responsible when home alone. Participants will learn safety, first aid, and comfort skills through interactive games and role playing. Learn how to develop skills to prevent problems and stay safe while handling real-life situations. Home Alone is recommended prior to taking the Babysitter course.

Y Kids Academy | Age: 10Y - 12Y

Y Kids Academy is a program designed to encourage activity, promote physical conditioning and help shape healthier kids. Participants learn about their health through interactive theory sessions complimented by active training and conditioning sessions each class.

Babysitting Course | Age: 11Y - 14Y

This Y certificate program helps participants learn and develop the necessary skills to supervise children responsibly. Topics include age characteristics of children, entertaining children, creating a caring and safe environment and handling challenging children. This program is also valuable for young people who are sometimes home alone.

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.