



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 / group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	09:00 – 11:00 Child Minding Ages: 6M-6Y <input type="checkbox"/>		09:00 – 11:00 Child Minding Ages: 6M-6Y <input type="checkbox"/>			09:00 – 10:30 Family Badminton Ages: 6Y+ ◆
	15:30 – 18:00 Y After School Drop-in Ages: 6Y-12Y <input type="checkbox"/>		15:30 – 18:00 Y After School Drop-in Ages: 6Y-12Y <input type="checkbox"/>	15:30 – 18:00 Y After School Drop-in Ages: 6Y-12Y <input type="checkbox"/>		09:00 – 12:15 Kid's Zone Ages: 1Y-12Y ◆
16:00 – 17:00 Youth Volleyball Ages: 13Y-17Y West Gym ◆	16:00 – 17:45 Youth Open Gym Ages: 13Y-17Y East Gym ◆	16:00 – 17:30 Youth Badminton Ages: 13Y-17Y West Gym ◆	16:00 – 17:45 Youth Open Gym Ages: 13Y-17Y East Gym ◆	16:00 – 17:00 Youth Conditioning Ages: 13Y-17Y Conditioning Floor ■	10:00 – 15:00 Babysitting Course Ages: 11Y-14Y *March 25 and April 1 ■	
16:00 – 17:00 Youth Open Gym Ages: 13Y-17Y East Gym ◆		16:00 – 17:30 Youth Open Gym Ages: 13Y-17Y East Gym ◆			10:00 – 11:00 Family Tae Kwon Do – Beginner Ages: 6Y+ ■	
16:00 – 19:30 Kid's Zone Ages: 1Y-12Y ◆		16:00 – 19:30 Kid's Zone Ages: 1Y-12Y ◆		16:00 – 18:00 Youth Open Gym Ages: 13Y-17Y East Gym ◆	11:00 – 15:00 Kid's Zone Ages: 1Y-12Y ◆	13:00 – 14:45 Youth Open Gym Ages: 13Y-17Y ◆
	17:30 – 19:30 Kid's Zone – Child Minding Ages: 2Y-9Y <input type="checkbox"/>		18:00 – 20:00 Kid's Zone - Child Minding Ages: 2Y-9Y <input type="checkbox"/>	16:00 – 19:30 Kid's Zone Ages: 1Y-12Y ◆	11:15 – 12:15 Youth Open Gym Ages: 13Y-17Y ◆	13:45 – 15:45 Kid's Zone Ages: 1Y-12Y ◆
18:00 – 19:00 Child Active Play Ages: 6Y-8Y ■		17:45 – 18:45 Child Basketball Ages: 6Y-8Y ■	17:30 – 19:30 Y Kids Academy Ages: 11Y-12Y *Starts January 12 or February 16 ■		12:30 – 13:30 Child Dance Ages: 6Y-8Y ■	
19:00 – 20:00 Pre-Teen NHL Street Hockey Ages: 9Y-12Y *Starts February 6 ■	18:00 – 19:00 Pre-Teen Indoor Soccer Ages: 9Y-12Y ■	18:45 – 19:45 Pre-Teen Basketball Ages: 9Y-12Y ■	18:00 – 19:00 Child Indoor Soccer Ages: 6Y-8Y ■		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.*

Child Active Play | 6Y-8Y

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.

Child Dance | Age: 6Y-8Y

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 / 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.

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 Badminton | Ages: 6Y+

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

Pre-Teen NHL Street Hockey | Age: 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.

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.

Youth Conditioning | Age: 13Y - 17Y

This Personal Trainer led program is specifically for youth and teaches proper technique and safety while training. The focus is on developing functional strength and improving agility, balance and coordination.

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.