



Child, Youth and Family Schedule

April 3 – July 2, 2023

HOURS: Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | Sat., Sun. and Statutory Holidays: 08:00 – 16:00
HOLIDAYS: Easter Weekend - Friday, April 7 (Good Friday), Saturday, April 8, Sunday, April 9 (Easter Sunday),
 Monday, May 22 (Victoria Day), Saturday, July 1 (Canada Day) – Open 8:00 - 16:00 (No programs or group fitness classes)

● **After school pilot project:** These highlighted after school activities are FREE for all children/youth (ages 6Y-17Y) between May 1 – June 29. **Registration is required.** To learn more visit the membership desk or call 613-237-1320.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					09:00 – 11:00 Child Minding □ Ages: 6M-6Y	
	16:00 – 17:00 Y After School – Pool ● Ages: 6Y-12Y	16:00-17:00 Y After School – Gym ● Ages: 6Y-12Y	16:00 – 17:00 Y After School – Pool ● Ages: 6Y-12Y		10:00 – 11:00 Family Tae Kwon Do, Beginner ■ Ages: 6Y+	
16:00 – 17:15 Pre-Teen Badminton ◆ Ages: 10Y-12Y			16:00 – 17:15 Youth Volleyball ● Ages: 13Y-17Y	16:00 – 17:00 Youth Conditioning ■ Ages: 13Y-17Y <i>Conditioning Floor</i>	11:15 – 12:15 Child Indoor Soccer ■ Ages: 6Y-8Y	10:15 – 11:45 Family Badminton ◆ Ages: Parent & Child
16:00 – 17:15 Youth Open Gym ◆ Ages: 13Y-17Y	16:00 – 18:30 Youth Space ● Ages: 13Y-17Y <i>Third Floor Mezzanine (Opening in May)</i>		16:00 – 17:15 Youth Open Gym ● Ages: 13Y-17Y	16:00 – 18:30 Youth Space ◆ Ages: 13Y-17Y <i>Third Floor Mezzanine (Opening in May)</i>		10:15 – 11:45 Family Basketball ◆ Ages: Parent & Child
	16:00 – 18:30 Y After School Kid's Zone ● Ages: 6Y-12Y	16:00 – 18:30 Y After School Kid's Zone ● Ages: 6Y-12Y	16:00 – 18:30 Youth Space ● Ages: 13Y-17Y <i>Third Floor Mezzanine (Opening in May)</i>	16:00 – 18:00 Youth Open Gym ◆ Ages: 13Y-17Y		14:00 – 15:30 Youth Open Gym ◆ Ages: 13Y-17Y
17:30 – 19:45 Child Minding □ Ages: 2Y-6Y		17:30 – 19:45 Child Minding □ Ages: 2Y-6Y	16:00 – 18:30 Y After School Kid's Zone ● Ages: 6Y-12Y			
17:30 – 18:30 Child Active Play ■ Ages: 6Y-8Y	17:30 – 18:30 Child Indoor Soccer ■ Ages: 6Y-8Y	17:30 – 18:30 Child Basketball ■ Ages: 6Y-8Y	17:30 – 19:30 Y Kids Academy ■ Ages: 11Y-12Y <i>*Starts April 6 and May 25</i>			
18:45 – 19:45 Pre-Teen Active Play ■ Ages: 9Y-12Y	18:45 – 19:45 Pre-Teen Indoor Soccer ■ Ages: 9Y-12Y	18:45 – 19:45 Pre-Teen Basketball ■ Ages: 9Y-12Y	17:30 – 19:00 Family Badminton ◆ Ages: Parent & Child		10:00 – 14:30 Birthday Parties <i>(To book a birthday party, call or visit your local Y).</i>	12:30 – 14:30 Birthday Parties <i>(To book a birthday party, call or visit your local Y).</i>

- ◆ **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 | Age: 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 / 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.

Pre-Teen / Family Badminton | Ages: 10Y-12Y / 6Y+

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

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.

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.

Y After School – Gym | Age: 6Y-12Y

Stay active after school! End the school day with friends at the Y playing a variety of games, sports and challenge by choice activities. Healthy snacks will be provided. Spaces limited. Pre-booking required.

Y After School – Pool | Age: 6Y-12Y

End the school day with the Y After School Pool Party! Join us for fun in the water and explore our new in-water inflatable obstacles. Spaces limited. Pre-booking required.

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.

Youth Open Gym | Age: 13Y-17Y

Dedicated open gym time for youth 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.

Youth Space | Age: 13Y-17Y

Dedicated space for youth! Opportunity for youth in middle school and high school to connect with friends, and engage in interactive programming. Whether it's a comfortable space to hang, being creative or staying fit during exclusive Youth Space workout area times, there's something for everyone!

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.