



Child, Youth and Family Schedule

September 11 – December 17, 2023

HOURS: Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | Sat., Sun. and Statutory Holidays: 08:00 – 16:00

HOLIDAYS: October 9 (Thanksgiving) – Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16:15 – 16:45 Pre-school Active Play Gymnasium #2 Ages: 3Y-5Y ■		16:15 – 16:45 Pre-school Active Play Gymnasium #2 Ages: 3Y-5Y ■				
16:00 – 18:00 Youth Open Gym Gymnasium #1 Ages: 13Y-17Y ○	16:00 – 18:00 Youth Open Gym Gymnasium #1 Ages: 13Y-17Y ○	16:00 – 18:00 Youth Open Gym Gymnasium #1 Ages: 13Y-17Y ○	16:00 – 18:00 Youth Open Gym Gymnasium #1 Ages: 13Y-17Y ○	16:00 – 18:00 Youth Open Gym Gymnasium #1 Ages: 13Y-17Y ○	09:00 – 11:15 Child Minding Ages: 2Y-6Y □	09:00 – 11:00 Pickleball Ages: 13Y+ ◆
16:00-17:00 After School Swim Pool Ages: 6Y-12Y ○	16:00 – 17:00 Child Basketball Gymnasium #2 Ages: 6Y-8Y ○	16:00-17:00 After School Swim Pool Ages: 6Y-12Y ○	16:00 – 17:00 Child Badminton Gymnasium #2 Ages: 6Y-8Y ○	16:00 – 17:00 Pre-teen Indoor Soccer Gymnasium #2 Ages: 9Y-12Y ○		
17:00 – 18:00 Homework Club Ages: 6Y-12Y ●	16:00 – 17:00 Library Time Ages: 9Y-12Y ●	17:00 – 18:00 Homework Club Ages: 6Y-12Y ●	16:00 – 17:00 Craft Time Ages: 9Y-12Y ●	16:00 – 17:00 Healthy Snack Ages: 6Y-8Y ●	09:15 – 10:15 Family Tae Kwon Do – Beginners Ages: 6Y+ ■	
17:00 – 18:00 Youth Indoor Soccer Gymnasium #2 Ages: 13Y-17Y ○	17:00 – 17:45 Child Active Play Studio Ages: 6Y-8Y ○	17:00 – 18:00 Youth Pickleball Gymnasium #2 Ages: 13Y-17Y ○	17:00 – 17:45 Child Dance Studio Ages: 6Y-8Y ○	17:00 – 18:00 Child Indoor Soccer Gymnasium #2 Ages: 6Y-8Y ○	10:30 – 11:30 Family Tae Kwon Do – Intermediate Ages: 6Y+ ■	11:00 – 13:00 Youth Open Gym Ages: 13Y-17Y ◆
	17:00 – 18:00 Pre-teen Basketball Gymnasium #2 Ages: 9Y-12Y ○		17:00 – 18:00 Pre-teen Badminton Gymnasium #2 Ages: 9Y-12Y ○		11:45 – 12:45 Child Basketball Gymnasium #1 Ages: 6Y-8Y ■	
	17:00 – 18:00 Library Time Ages: 6Y-8Y ●		17:00 – 18:00 Craft Time Ages: 6Y-8Y ●	17:00 – 18:00 Healthy Snack Ages: 9Y-12Y ●	11:45 – 12:45 Pre-teen Basketball Gymnasium #2 Ages: 9Y-12Y ■	
17:00 – 17:30 Preschool Dance Studio Ages: 3Y-5Y ■	18:00 – 19:00 Karate – Beginners (White & Yellow) Ages: 6Y+ ■		18:00 – 19:00 Karate – Beginners (White & Yellow) Ages: 6Y+ ■	18:00 – 19:45 Y Teen Zone Gymnasium Ages: 13Y-17Y ◆	12:00 – 12:45 Child Dance Studio Ages: 6Y-8Y ■	
	19:00 – 20:00 Karate: Intermediate (Orange to Blue) Ages: 9Y+ ■		19:00 – 20:00 Karate: Intermediate (Orange to Blue) Ages: 9Y+ ■		13:00 – 14:00 Pre-Teen Dance Studio Ages: 9Y-12Y ■	
	20:00 – 20:30 Karate: Advanced (Brown and Black) Ages: 9Y+ ■		20:00 – 20:30 Karate: Advanced (Brown and Black) Ages: 9Y+ ■		13:00 – 14:30 Youth Open Gym Ages: 13Y-17Y ◆	

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. | ● Session fee is required.

- ◆ **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.

Book Club | Ages: 9Y-12Y

Spend time relaxing and reading in our newly appointed 'youth space'. Bring your own reading material or choose from a selection provided. A chance to share thoughts and ideas with other avid readers.

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 / Family Badminton | Ages: 6Y-8Y / 6Y+

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

Craft Time | Ages: 9Y-12Y

Join a member of our Child, Youth and Family team and make things with your very own hands. A different craft project each week for creative minds!

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.

Family Tae Kwon Do – Intermediate | Age: 6Y+

This Intermediate (orange and green belts) 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.

Karate – Beginner | Age: 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.

Healthy Snack | Age: 9Y-12Y

Learn about healthy snacks, including how to make them. Enjoy eating healthy snacks...just the thing for those after school hungries!

Homework Club | Ages: 6Y-12Y

Supervised and guided by our Child, Youth and Family team, children can spend a little after school time completing homework assignments and/or getting a little study time in.

Karate – Intermediate/Advanced | 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.

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 / Child / Pre-Teen Dance

Ages: 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.

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 Teen Zone | 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.