



# 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 <b>Preschool Active Play</b> West Gym Ages: 3Y-5Y ■		16:15 – 16:45 <b>Preschool Active Play</b> West Gym Ages: 3Y-5Y ■			09:00 – 10:00 <b>Family Pickleball</b> Ages: 6Y+ ◆	09:00 – 11:00 <b>Family Badminton</b> Ages: 6Y+ ◆
16:00 – 18:00 <b>Youth Open Gym</b> East Gym Ages: 13Y-17Y ○	16:00 – 18:00 <b>Youth Open Gym</b> East Gym Ages: 13Y-17Y ○	16:00 – 18:00 <b>Youth Open Gym</b> East Gym Ages: 13Y-17Y ○	16:00 – 18:00 <b>Youth Open Gym</b> East Gym Ages: 13Y-17Y ○	16:00 – 18:00 <b>Youth Open Gym</b> East Gym Ages: 13Y-17Y ○	10:00 – 11:00 <b>Family Tae Kwon Do Beginner</b> Ages: 6Y+ ■	
16:00 – 18:00 <b>Youth Fitness</b> 3rd floor balcony Ages: 13Y-17Y ○	16:00 – 18:00 <b>Youth Fitness</b> 3rd floor balcony Ages: 13Y-17Y ○	16:00 – 18:00 <b>Youth Fitness</b> 3rd floor balcony Ages: 13Y-17Y ○	16:00 – 18:00 <b>Youth Fitness</b> 3rd floor balcony Ages: 13Y-17Y ○	16:00 – 18:00 <b>Youth Fitness</b> 3rd floor balcony Ages: 13Y-17Y ○	11:00 – 12:30 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆	11:00 – 12:30 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆
16:00 – 17:00 <b>After School Swim</b> Pool Ages: 6Y-12Y ○	16:00 – 17:00 <b>Child Indoor Soccer</b> West Gym Ages: 6Y-8Y ○	16:00 – 17:00 <b>After School Swim</b> Pool Ages: 6Y-12Y ○	16:00 – 17:00 <b>Child Badminton</b> West Gym Ages: 6Y-8Y ○	16:00 – 17:00 <b>Child Active Play</b> West Gym Ages: 6Y-8Y ○		
17:00 – 18:00 <b>Homework Club</b> Ages: 6Y-12Y ●	16:00 – 17:00 <b>Book Club</b> Ages: 9Y-12Y ●	17:00 – 18:00 <b>Homework Club</b> Ages: 6Y-12Y ●	16:00 – 17:00 <b>Craft Time</b> Ages: 9Y-12Y ●	16:00 – 17:00 <b>Healthy Snack</b> Ages: 9Y-12Y ●		
17:00 – 17:45 <b>Child Active Play</b> West Gym Ages: 6Y-8Y ○	17:00 – 18:00 <b>Pre-teen Indoor Soccer</b> West Gym Ages: 9Y-12Y ○	17:00 – 17:45 <b>Child Active Play</b> West Gym Ages: 3Y-5Y ○	17:00 – 18:00 <b>Pre-teen Badminton</b> West Gym Ages: 9Y-12Y ○	17:00 – 18:00 <b>Pre-teen Active Play</b> West Gym Ages: 9Y-12Y ○		
	17:00 – 18:00 <b>Book Club</b> Ages: 6Y-8Y ●		17:00 – 18:00 <b>Craft Time</b> Ages: 6Y-8Y ●	17:00 – 18:00 <b>Healthy Snack</b> Ages: 6Y-8Y ●		
		18:00 – 19:00 <b>Child Basketball</b> West Gym Ages: 6Y-8Y ■		18:15 – 19:45 <b>Y Teen Zone</b> Ages: 13Y-17Y ◆		
		19:00 – 20:00 <b>Pre-teen Basketball</b> West Gym Ages: 9Y-12Y ■				

**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/](http://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.  
 ■ **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](http://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](http://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.

## **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.

## **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.

## **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.