

Child, Youth and Family Schedule

June 2 – June 29, 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:45 – 16:45 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	15:45 – 16:45 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	15:45 – 16:45 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	15:45 – 17:30 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	17:30 – 18:00 Parent and Me Play and Swim ■ <i>Pool</i> Ages: 0Y-5Y	08:45 – 11:45 Child Minding □ Ages: 2Y-6Y	Birthday Parties Sunday Gym 13:00-15:00
17:00 – 17:45 Child Soccer ■ <i>Gymnasium</i> Ages: 6Y-8Y	17:00 – 19:00 Gym and Swim ■ <i>Gymnasium/Pool</i> Ages: 6Y-9Y	17:00 – 17:45 Pre-School Active Play ■ <i>Gymnasium A</i> Ages: 3Y-5Y	17:00 – 20:00 Child Minding □ <i>Playcare</i> Ages: 2Y-6Y	17:00 – 18:00 Pre-Teen Hip Hop ■ <i>Studio</i> Ages: 9Y-12Y	10:15 – 11:15 H2O Extreme ■ <i>Pool</i> Ages: 6Y-12Y	
17:15 – 17:45 Pre-School Craft Time ■ <i>Playcare</i> Ages: 3Y-5Y	17:00 – 20:00 Child Minding □ <i>Playcare</i> Ages: 2Y-6Y	17:00 – 17:45 Child Basketball ■ <i>Gymnasium B</i> Ages: 6Y-8Y	18:00 – 18:45 Child & Pre-Teen Pickleball or Badminton ■ <i>Gymnasium</i> Ages: 6Y-12Y	17:00 – 18:30 Y Camp Express ■ <i>Conference Room/Gymnasium</i> Ages: 3Y-5Y/6Y-8Y	10:00 – 10:45 Family Tae Kwon Do – Beginner ■ <i>Studio</i> Ages: 6Y+	10:00-15:00 Bronze Medallion + EFA Bronze Cross ■ <i>Pool</i> Ages: 13Y+
18:00 – 18:45 Pre-Teen Soccer ■ <i>Gymnasium</i> Ages: 9Y-12Y	18:15 – 19:15 Pre-teen Sports Variety □ <i>Gymnasium</i> Ages: 9Y-12Y	18:00 – 18:45 Pre-Teen Basketball ■ <i>Gymnasium</i> Ages: 9Y-12Y		18:00 – 19:45 Youth Night ♦ <i>Gymnasium</i> Ages: 13Y-17Y	10:30 – 11:30 Family Badminton ♦ <i>Gymnasium</i> Ages: 6Y+	
18:15 – 19:15 Pre-Teen and Teen Swim Fit ■ <i>Pool</i> Ages: 10Y-17Y		18:15 – 19:15 H2O Extreme ■ <i>Pool</i> Ages: 6Y-12Y			10:45 – 11:45 Family Tae Kwon Do – Intermediate ■ <i>Studio</i> Ages: 6Y+	
					11:45 – 12:45 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	
					12:00 – 12:45 Child Dance ■ <i>Studio</i> Ages: 6Y-8Y	
					13:00 – 14:00 Pre-Teen Dance ■ <i>Studio</i> Ages: 9Y-12Y	

Schedule is subject to change

♦ **Drop-in activity.** 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. Session registrations can be made in person, by phone or online.

To learn more about registering or booking your spot, visit ymcaottawa.ca/programs-and-schedules or call or visit your local Y. To reserve your spot online, [log in to your account](#). Group Fitness Classes welcome members 13 years and over.

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.

Program Descriptions

Parent and Me Play and Swim | Age: 0Y – 5Y with Guardian (16Y+)

A program for parents and young children to gather in the water to learn fun activities and games, play, swim, and sing along with other parents and children of the same age. Activities are hosted by our swimming instructors for the duration of the program.

Child Minding | Ages: 2Y – 6Y

Child minding is a service we offer while you enjoy our Y facilities and programs. Our pre-school aged friends are welcomed into a space that is filled with possibilities. Staff engage participants in games, play and crafts during play care time. **Booking required.**

Pre-School Active Play | Ages: 3Y – 5Y

A great way to play, preschoolers join Y Staff in activities each week that encourage play, movement and fun. From playing with the big parachute, to relay races, participants will have opportunities to develop friendships and learn new games to play with friends and family. **Registration is required.**

Pre-school Craft Time | Ages: 3Y – 5Y

Join a member of our CYF team making things with your very own hands. A different craft project each week for creative minds!

Child/Pre-Teen/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. **Registration is required for some activities.**

Y Camp Express | Ages 3Y – 5Y / 6Y - 8Y

The fun of summer camp all year long. Children take part in a range of traditional day camp activities such as sports, games and crafts. Your child will explore hidden talents and develop friendships. **Registration is required.**

Family Tae Kwon Do – Beginner & Intermediate Ages: 6Y+

Perfect for anyone aged 6 and up, this dynamic program is led by qualified instructors from the renowned Tae E. Lee Taekwondo School (an official World Taekwondo affiliated school celebrating its 47th anniversary in Ottawa). Dive into a world of excitement and transformation as you build fitness, boost self-confidence, master discipline, sharpen concentration, and enhance your overall well being. Join us and start your journey of mastery in the art of Tae Kwon Do. **Registration is required and no experience necessary.**

Child and Pre-Teen Basketball

Ages: 6Y - 8Y / 9Y - 12Y

Take part in basketball skill development. Focus is on fun, participation, teamwork and fair play. **Registration is required.**

Child and Pre-Teen Dance/Hip-Hop

Ages: 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. **Registration is required.**

Child / Pre-Teen Soccer | Ages: 6Y - 8Y / 9Y - 12Y

Take part in soccer skill development. Focus is on fun, participation, teamwork 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.

Gym and Swim | Ages: 6Y - 9Y

A fun opportunity to enjoy a Gym and Pool combination program with a variety of land and water activities. All participants must bring active footwear for the gym and a swimsuit and towel for the pool. Program consists of 50 minutes in the gym and 50 minutes in pool. Program leaders will transition group from the gym to the pool and supervise changing into swimsuits. Drop off in gym, pick up on pool deck. Parent/Caregiver participation is not required.

Child and Pre-Teen Badminton/Pickleball | Age: 6Y - 12Y

Participate in exercises to develop your badminton/pickleball skills and improvised games. The important thing is to participate and have fun.

H2O Extreme | Age: 6Y – 12Y

This program is pure fun! Children will have the opportunity to learn pool based sports and games such as water polo, underwater hockey, survival games and more. Prerequisite: Participants must be comfortable in deep water and should be able to swim a minimum of 25 meters continuously.

Pre-Teen Sports Variety | Ages: 9Y – 12Y

Every week will be a different sport focus. Y staff will monitor, and lead drills, activities and scrimmages. Soccer, Basketball, Volleyball, Hockey, Badminton and Pickleball. Establishing a foundation for healthy, Y active living. **Booking is required.**

Program Descriptions

Pre-Teen / Teen Swim Fit

Age: 10Y - 12Y / Age: 13Y-17Y

Take your swim skills to the next level! Instructors will work with Pre-Teens and Teens to increase fitness levels, build endurance and improve swim skills. Prerequisite: Participants should be comfortable in deep water and be able to swim a minimum of 25 meters continuously. Minimum recommended Star 3 Level. Note this is not a learn-to-swim program.

Youth Open Gym | Ages: 13Y - 17Y

Dedicated open gym time to play and have fun together while establishing a foundation for healthy, Y active living. Y staff will monitor activity and provide access to a variety of sports equipment.