

Child, Youth and Family Schedule

July 7 – August 24, 2025

HOURS Mon. – Thu.: 06:30 – 20:00, Fri.: 06:30 – 19:00 | Sat., Sun: 08:00 – 15:00

HOLIDAYS: August 4 - Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		08:45-11:00 Child Minding □ Playcare Ages: 2Y-6Y			08:45 – 11:15 Child Minding □ Playcare Ages: 2Y-6Y	Birthday Parties Sunday Gym 12:00-14:00
10:30 – 12:00 Family Open Gym ♦ Gymnasium Ages: 6+	10:30 – 12:00 Family Soccer ♦ Gymnasium Ages: 6+	10:30 – 12:00 Family Pickleball ♦ Gymnasium Ages: 6+	10:30 – 12:00 Family Badminton ♦ Gymnasium Ages: 6+		11:15 – 12:45 Family Open Gym ♦ Gymnasium Ages: 6+	
14:30- 17:00 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	14:30- 16:30 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	14:30- 17:00 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	14:30 – 16:30 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	14:30 – 16:30 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y		
17:00 –18:30 Y Camp Express ■ Playcare/Gymnasium Ages: 3Y-5Y/6Y-8Y	17:00 – 17:45 Child Basketball ■ Gymnasium Ages: 6Y-8Y		17:15 – 19:45 Child Minding □ Playcare Ages: 2Y-6Y			
	18:00 – 18:45 Pre-Teen Basketball ■ Gymnasium Ages: 9Y-12Y		17:00-17:45 Pre-School Active Play ■ Gymnasium Ages: 3Y-5Y			
			18:00- 18:45 Child & Pre-Teen Badminton or Pickleball ■ Gymnasium Ages: 6Y-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 0Y-9Y may use Y programs and facilities when accompanied by a parent or guardian over the age of 16Y. To ensure your child's safety, a parent/guardian must remain in the building while the child participates in a program. When the child is not in a program, they must be directly supervised by their parent/guardian at all times.

Children aged 10Y-12Y may access the facility without a parent. Children 10Y-12Y 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

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.**

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.**

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/Pre-Teen Pickleball | Ages: 6Y - 12Y

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

Family Open Gym

Ages: 6Y +

Why should kids get all the fun? Families join together in the gym for a time of games, sports and different physical activities created to foster a fun environment where everyone gets to be a kid. Parent/guardian supervision required for children under 10Y, participation encouraged.

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.