

# Child, Youth and Family Schedule

July 7 - August 24, 2025

**HOURS** Mon. – Thu.: 06:30 – 20:00, Fri.: 06:30 – 19:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 15:00  
**HOLIDAYS:** August 4 - Closed

## Parent Supervised Kid Zone♦

Monday- Friday: 16:00-18:30  
Saturday: 08:00-11:30  
Sunday: 08:00- 15:00

## July 24 15:00-17:00 Christmas in July♦

Kid Zone  
Ages: 2Y-12Y  
(Parent engagement required)

## Aug 15

16:00-18:30  
**World Cup Vs World Pup** □  
3rd floor/Gymnasium  
Ages: 9Y-16Y

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30 – 11:45 <b>Child Minding</b> □ Studio A Ages: 2Y-6Y		08:45 – 11:45 <b>Child Minding</b> □ Studio A Ages: 2Y-6Y				
12:00 – 14:30 <b>Supervised Kids Zone</b> □ Kids Zone Ages: 6Y-12	10:00-11:30 <b>Family Open Gym</b> ♦ Gymnasium Ages: 6Y+	12:00 – 14:30 <b>Supervised Kids Zone</b> □ Kids Zone Ages: 6Y-12Y	10:00-11:30 <b>Family Open Gym</b> ♦ Gymnasium Ages: 6Y+	12:30 – 14:30 <b>Supervised Kids Zone</b> □ Kids Zone Ages: 6Y-12Y	10:00-11:30 <b>Family Open Gym</b> ♦ Gymnasium Ages: 6Y+	
		17:00-19:00 <b>Gym and Swim</b> ■ West Gymnasium: 17:00-17:50, Pool: 18:05-19:00 Ages: 6Y-9Y <b>July 9, 16, 23, 30</b> *Drop off in Gym		14:30-16:00 <b>Family Basketball</b> ♦ Gymnasium Ages: 6Y+	11:30 – 13:00 <b>Youth Open Gym</b> ♦ Gymnasium Ages: 13Y-17Y	
	17:30-18:15 <b>Pre-School Craft Time</b> □ Studio A Ages: 3Y-6Y	17:00 – 19:00 <b>Child Minding</b> □ Studio A Ages: 2Y-6Y	17:30 – 18:15 <b>Pre-School Games</b> □ Studio A Ages: 3Y-6Y			
	17:30 – 18:15 <b>Child &amp; Pre Teen Basketball</b> ■ Gymnasium Ages: 6Y-12Y		17:30 – 18:15 <b>Child &amp; Pre Teen Soccer</b> ■ Gymnasium Ages: 6Y-12Y			
		14:30 – 16:30 <b>Youth Zone</b> ♦ 3rd Floor Ages: 13Y-17Y		16:30-18:30 <b>Y Youth Nights</b> □ Third floor/Gymnasium Ages: 13Y-17Y		
15:00 – 17:30 <b>Youth Open Gym</b> ♦ Gymnasium Ages: 13Y-17Y	15:00 – 17:15 <b>Youth Open Gym</b> ♦ Gymnasium Ages: 13Y-17Y	15:00 – 17:30 <b>Youth Open Gym</b> ♦ East Gymnasium Ages: 13Y-17Y	15:00 – 17:15 <b>Youth Open Gym</b> ♦ Gymnasium Ages: 13Y-17Y		<b>Birthday Parties</b> <b>Saturday   Kids Zone</b> 12:00-14:00	

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](http://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, 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

### Child Minding | Ages: 2Y – 6Y

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.

### Christmas in July | Ages: 2Y – 12Y

**Who says Christmas only comes once a year? Join us at the YMCA** as we celebrate the magic of Christmas... in JULY! Enjoy festive decorations, a scavenger hunt, and classic story's being told as we bring holiday cheer to the summertime.

Bring the whole family and get ready for a holly jolly good time! Parent engagement required.

### Pre-School Games | Ages: 3Y – 6Y

Preschoolers will join our Y staff in a variety of fun games. Designed to promote learning and development in young children. These games often involve social interaction, problem-solving, and skill-building, making learning fun and engaging.

### Child Craft Time | Ages: 3Y – 6Y

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

### 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.

**Registration required.**

### Supervised Kid Zone | Ages: 6Y – 12Y

A place where kids can run, jump, slide and play while being supervised by our CYF Staff. Socks required for entrance into Kid Zone.

### Child and Pre Teen Soccer | Ages : 6Y 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. **Registration is required.**

### Child and Pre Teen Basketball | Ages : 6Y 12Y

Take part in basketball skill development. Focus is on fun, participation, team work and fair play. **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.

### World Cup vs World Pup | Ages: 9Y – 16Y

Children will join us for soccer followed by a soccer movie (Air Bud World Pup). Y staff will start with soccer skills and games, then move on to the Youth Zone and watch Air Bud on the big field just like you just did. Popcorn included.

### 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.

### Youth Zone | Ages: 13Y – 17Y

Youth Zone is a hang out, play foosball, video games, board games and relax kind of space! You can do homework here, learn a new game or spend some time in a comfy spot reading a book. Bring friends or make new ones, this space is a safe space for youth to just be youth.

### Y Youth Nights | Ages: 13Y – 17Y

Friday night at the Y is youth night! 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.