

Child, Youth and Family Schedule

December 1, 2025 – January 4, 2026

All programs are drop-in, unless otherwise indicated

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

OPEN: 08:00 – 19:00 Dec 29, 30, Jan 2 | 08:00 – 15:00 Dec 27, 28 | CLOSED: December 24, 25, 26, 31, January 1, 3, 4

MON DEC 1	TUE DEC 2	WED DEC 3	THU DEC 4	FRI DEC 5	SAT DEC 6	SUN DEC 7
15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	17:00 – 17:45 Child & Preschool Active Play Gymnasium A Ages: 3Y-12Y ◆	15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	18:00 – 20:00 Child Minding Playcare Room Ages: 3-5Y ◆	15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	08:45 – 11:30 Child Minding Playcare Room Ages: 3Y-5Y ◆	10:15 – 11:30 Family Basketball Gymnasium A Ages: 6Y+ ◆
18:00 – 18:45 Child Indoor Soccer Gymnasium A Ages: 6Y-8Y ◆	18:00 – 20:00 Child Minding Playcare Room Ages: 3-5Y ◆	18:00 – 18:45 Child Basketball Gymnasium A Ages: 6Y-8Y ◆	18:00 – 20:00 Y Camp Express Playcare Room Ages: 6-12Y ◆	17:00 – 18:00 H2O Extreme Pool Ages: 6Y-12Y ◆	10:15-12:15 Youth Open Gym Gymnasium B Ages: 13Y-17Y ◆	10:15 – 11:30 Family Pickleball Gymnasium B Ages: 6Y+ ◆
18:00 – 18:45 Pre-Teen Soccer Gymnasium B Ages: 9Y-12Y ◆	18:00 – 19:00 Family Karate: Beginners Gymnasium Ages: 6Y+ ■	18:00 – 18:45 Pre-Teen Basketball Gymnasium A Ages: 9Y-12Y ◆	18:00 – 19:00 Family Karate: Beginners Gymnasium Ages: 6Y+ ■	17:00 – 18:00 Pre-Teen Hip Hop Studio Ages: 6Y-15Y ◆	12:00 – 12:45 Child Dance Studio Ages: 6Y-15Y ◆	12:00 – 14:00 Birthday Parties Rental Required
18:15 – 19:15 Pre-Teen & Teen Swim Fit Pool Ages: 10Y-17Y ◆	19:00 – 20:00 Family Karate: Intermediate Gymnasium Ages: 6Y+ ■		19:00 – 20:00 Family Karate: Intermediate Gymnasium Ages: 6Y+ ■	18:00 – 18:45 Child & Pre-Teen Badminton/ Pickleball Gymnasium Ages: 6Y-12Y	13:00 – 14:00 Pre-Teen Dance Studio Ages: 9Y-12Y ◆	
MON DEC 8	TUE DEC 9	WED DEC 10	THU DEC 11	FRI DEC 12	SAT DEC 13 Community Day	SUN DEC 14
15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	17:00 – 17:45 Child & Preschool Active Play Gymnasium A Ages: 3Y-12Y ◆	15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	18:00 – 20:00 Child Minding Playcare Room Ages: 3-5Y ◆	15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	08:45 – 11:30 Child Minding Playcare Room Ages: 3Y-5Y ◆	10:15 – 11:30 Family Basketball Gymnasium A Ages: 6Y+ ◆
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◆ **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.

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MON DEC 15	TUE DEC 16	WED DEC 17	THU DEC 18	FRI DEC 19	SAT DEC 20	SUN DEC 21
15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	17:00 – 17:45 Child & Preschool Active Play Gymnasium Ages: 3Y-12Y ◆	15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	18:00 – 20:00 Child Minding Playcare Room Ages: 3-5Y ◆	15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	08:45 – 11:30 Child Minding Playcare Room Ages: 3Y-5Y ◆	10:15 – 11:30 Family Basketball Gymnasium A Ages: 6Y+ ◆
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18:00 – 18:45 Pre-Teen Soccer Gymnasium B Ages: 9Y-12Y ◆		18:00 – 18:45 Pre-Teen Basketball Gymnasium B Ages: 9Y-12Y ◆	18:00-20:00 KickstartHER's Gymnastics introduction class by Pirouette RG Club Gymnasium	17:00 – 18:00 Pre-Teen Hip Hop Studio Ages: 6Y-15Y ◆	12:00 – 12:45 Child Dance Studio Ages: 6Y-15Y ◆	12:00 – 14:00 Birthday Parties Rental Required
18:15 – 19:15 Pre-Teen & Teen Swim Fit Pool Ages: 10Y-17Y ◆				18:00 – 18:45 Child & Pre-Teen Badminton / Pickleball Gymnasium Ages: 6Y-12Y	13:00 – 14:00 Pre-Teen Dance Studio Ages: 9Y-12Y ◆	
MON DEC 22	TUE DEC 23	WED DEC 24	THU DEC 25	FRI DEC 26	SAT DEC 27	SUN DEC 28
10:00-12:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	10:00-12:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	Christmas Eve Closed	Christmas Day Closed	Boxing Day Closed	10:00-12:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	10:00-12:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆
15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆					
MON DEC 29	TUE DEC 30	WED DEC 31	THU JAN 1	FRI JAN 2	SAT JAN 3	SUN JAN 4
10:00-12:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	10:00-12:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	New Years Eve CLOSED	New Years Day CLOSED	10:00-12:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	Annual Maintenance CLOSED	Annual Maintenance CLOSED

Schedule is subject to change

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☐ **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.

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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, 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: 3Y – 5Y

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.**

Child Active Play | 6Y – 12Y

A fun introduction to active play that develops the ABC's of movement – Agility, Balance and Coordination. Building on fundamental movement skills such as running, jumping and throwing, children will be exposed to a variety of sports while learning that physical activity is an exciting part of everyday life. **Registration is 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.

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 Dance/HipHop

Ages: 6Y-8Y / 9Y-12Y / 12Y-15Y

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.

Child & Pre-Teen Indoor Soccer | Ages: 6Y-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.

H2O Extreme | Age: 6Y – 12Y

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

Y Camp Express – Child | Ages 6Y – 12Y

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 as well as enjoying themed weeks and special events. Your child will explore hidden talents and develop friendships. **Registration is required.**

Pre-Teen & Teen Swim Fit | Age: 10Y - 12Y / 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 1 Level. Note this is not a learn-to-swim program.

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 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. **Registration is required.**

Family Karate – Intermediate | Age: 9Y+

Fun and fitness for the whole family. This intermediate Karate course is open to children, youth, adults and families working on blue to orange belts. Students learn respect, self-discipline and self-defense techniques. Yellow belts and above. **Registration is required.**

Family Tae Kwon Do – Beginner & Intermediate/Advanced 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**

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 Sports| Ages: 13Y-17Y

Teens are welcome to hang out with friends and Y staff for different sports and activities each week.