

Child, Youth and Family Schedule

January 5 – March 15, 2026

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

HOLIDAYS: Feb 14-16 (Family Day)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:45 – 17:45 Youth Open Gym Gymnasium A Ages: 13Y-17Y ◆	17:00 – 17:45 Preschool Active Play Gymnasium A Ages: 3Y-5Y ■	15:45 – 17:45 Youth Open Gym Gymnasium A Ages: 13Y-17Y ◆		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 ■	17:00 – 17:45 Child Active Play Gymnasium A Ages: 6Y-12Y ■	18:00 – 18:45 Child Basketball Gymnasium A Ages: 6Y-8Y ■	18:00 – 20:00 Child Minding Playcare Room Ages: 3-5Y □	17:00 – 18:00 H2O Extreme Pool Ages: 6Y-12Y ■	9:00-12:00 CR Hoops, Basketball Club Gymnasium Ages: 7Y-14Y (Registration through City of Rockland)	10:15 – 11:30 Family Pickleball Gymnasium B Ages: 6Y+ ◆
18:00 – 18:45 Pre-Teen Indoor Soccer Gymnasium B Ages: 9Y-12Y ■	18:00 – 20:00 Child Minding Playcare Room Ages: 3-5Y □	18:00 – 18:45 Pre-Teen Basketball Gymnasium B Ages: 9Y-12Y ■	18:00 – 20:00 Y-Kids Game Club Conference Room Ages: 6Y-12Y ■	17:00 – 18:00 Pre-Teen Hip Hop Studio Ages: 9Y-15Y ■	09:30 – 10:30 Family Tae Kwon Do – Beginner Studio Ages: 6Y+ ■	12:00 – 14:00 Birthday Parties Gymnasium Rental Required
18:30 – 19:30 Pre-Teen & Teen Swim Fit Pool Ages: 10Y-17Y ■	18:00 – 20:00 Y-Kids Game Club Conference Room Ages: 6Y-12Y ■		18:00 – 19:00 Family Karate: Beginners (White and Yellow) Gymnasium Ages: 6Y+ ■	18:00 – 18:45 Child & Pre-Teen Indoor Soccer Gymnasium A Ages: 6Y-12Y ■	10:45 – 11:45 Family Tae Kwon Do – Intermediate/Advanced Studio Ages: 6Y+ ■	
19:00 – 20:00 Child Minding Playcare Room Ages: 3Y-5Y □	18:00 – 19:00 Family Karate: Beginners (White and Yellow) Gymnasium Ages: 6Y+■	19:00 – 20:00 Child Minding Playcare Room Ages: 3Y-5Y □	19:00 – 20:00 Family Karate: Intermediate (Orange to Blue) Gymnasium Ages: 9Y+■	18:00 – 18:45 Child & Pre-Teen Badminton/Pickleball all Gymnasium B Ages: 6Y-12Y ■	12:15 – 13:30 Family Soccer & Badminton Gymnasium Ages: 6+ ◆	
	19:00 – 20:00 Family Karate: Intermediate (Orange to Blue) Gymnasium Ages: 9Y+ ■			19:00 – 19:45 Youth Sports Gymnasium Ages: 13Y-17Y ◆	12:00 – 12:45 Child Dance Studio Ages: 6Y-8Y ■	
					13:00 – 14:00 Pre-Teen Dance Studio Ages: 9-12Y ■	

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.** All group fitness classes are included in a Y membership. Session fee required for non-members. 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, 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-Kids Game Club| Ages 6Y – 12Y

Join our staff members and other kids from our YMCA in an evening full of board games, puzzles and physical activity. Learn how to play classic games like Chess, Checkers, Dominos, monopoly, along with a variety of new games from the YMCA's and Rockland Library's roster of board games. All the while staying active and moving in a variety of physical activities.

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.