

Child, Youth and Family Schedule

December 1, 2025 - January 4, 2026

HOURS: Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | Sat., Sun. : 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
17:30 - 19:30 Child Minding ♦ Studio A Ages: 2Y-6Y	16:00 – 17:00 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	17:30-18:15 Child & PreTeen Soccer ♦ Gymnasium Ages: 6Y-12Y	16:00 – 17:00 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y		9:30-11:30am Family Craft ♦ (Holiday Cards) Youth Zone Ages: All	08:00 – 12:45 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)
17:30 - 19:30 Gym & Swim Holiday ♦ Gymnasium: 17:30-18:25 Pool: 18:35-19:30 Ages: 6Y-9Y *Drop off in Gym	17:00-19:00 Kids Club ♦ Studio A Ages: 6Y-12Y		17:00-19:00 Supervised Kids Zone ♦ Kids Zone Ages: 6Y-12Y			
MON DEC 8	TUE DEC 9	WED DEC 10	THU DEC 11	FRI DEC 12	SAT DEC 13	SUN DEC 14
17:30 - 19:30 Child Minding ♦ Studio A Ages: 2Y-6Y	17:30-19:30 Indoor Hockey Tournament ♦ Gymnasium 6Y-12Y (17:30-18:15) 13Y-17Y (18:30-19:30)	NEW: 17:30-18:15 Child & PreTeen Rugby ♦ Gymnasium Ages: 6Y-12Y	16:00 – 17:00 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	17:00-19:45 HOLIDAY MOVIE NIGHT ♦ (The Polar Express) 3rd Floor Ages: All	08:00 – 12:45 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)	08:00 – 12:45 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)
17:30 - 19:30 Gym & Swim Holiday ♦ Gymnasium: 17:30-18:25 Pool: 18:35-19:30 Ages: 6Y-9Y *Drop off in Gym			17:00-19:00 Supervised Kids Zone ♦ Kids Zone Ages: 6Y-12Y			
MON DEC 15	TUE DEC 16	WED DEC 17	THU DEC 18	FRI DEC 19	SAT DEC 20	SUN DEC 21
17:30 - 19:30 Child Minding ♦ Studio A Ages: 2Y-6Y	16:00 – 17:00 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y		16:00 – 17:00 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y		08:00 – 12:45 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)	08:00 – 12:45 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)
17:30 - 18:30 Child & PreTeen Basketball ♦ Gymnasium Ages: 6Y-12Y	17:00-19:00 Kids Club ♦ Studio A Ages: 6Y-12Y		17:00-19:00 Supervised Kids Zone ♦ Kids Zone Ages: 6Y-12Y			

Birthday Parties

Saturday Gym 10:00-12:00	Saturday Kids Zone 13:00-15:00	Sunday Gym 10:00-12:00	Sunday Pool Party 10:30-12:30	Sunday Kids Zone 13:00-15:00
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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.

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](#).

Child, Youth and Family Schedule

December 1, 2025 - January 4, 2026

HEURES : lun. – jeu. : 06:30 – 21:00, ven. : 06:30 – 20:00 | **sam., dim. et jours fériés :** 08:00 – 16:00

OUVERT: 08:00 – 19:00 29, 30 déc, 2 jan | **08:00 – 15:00** 27, 28 déc | **FERMÉ :** 24, 25, 26, 31 déc, 1, 3, 4, janvier

MON DEC 22	TUE DEC 23	WED DEC 24	THU DEC 25	FRI DEC 26	SAT DEC 27	SUN DEC 28
NEW: 13:00 - 17:00 PLAY & GO – HOLIDAY EDITION □ Studio A / Kids Zone Ages: 6Y-12Y \$25/child, members only <i>Minimum 5 children</i>	NEW: 13:00 - 17:00 PLAY & GO – HOLIDAY EDITION □ Studio A / Kids Zone Ages: 6Y-12Y \$25/child, members only <i>Minimum 5 children</i>	Christmas Eve CLOSED	Christmas Day CLOSED	Boxing Day CLOSED	08:00 – 14:45 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)	08:00 – 14:45 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)
MON DEC 29	TUE DEC 30	WED DEC 31	THU JAN 1	FRI JAN 2	SAT JAN 3	SUN JAN 4
11:00 – 14:30 and 16:00 – 19:30 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)	11:00 – 14:30 and 16:00 – 19:30 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)	New Year's Eve CLOSED	New Year's Day CLOSED	11:00 – 14:30 and 16:00 – 19:30 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)	Annual Maintenance CLOSED	Annual Maintenance CLOSED

Birthday Parties

Saturday Gym 10:00-12:00	Saturday Kids Zone 13:00-15:00	Sunday Gym 10:00-12:00	Sunday Pool Party 10:30-12:30	Sunday Kids Zone 13:00-15:00
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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 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.

Gym and Swim HOLIDAY | Ages: 6Y-9Y

A fun opportunity to enjoy a Gym and Pool combination program with a variety of land and water activities. Celebrate the season with holiday-inspired land activities and games. 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 for each class.**

Kids Club | Ages: 6Y-12Y

We invite children to come and enjoy playing board games, build social and emotional skills all while making new friends.

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 Sports; Soccer/Basketball Ages: 6Y-12Y

Take part in sports development. Y staff will monitor, and lead drills, activities and scrimmages. Soccer, Basketball, Badminton and Pickleball. Establishing a foundation for healthy, Y active living.

NEW Child and Pre-Teen Rugby | Ages : 6Y-12Y

Introduce your child to the fun, fast-paced world of rugby in a safe and supportive environment! Our program is a recreational program designed for all skill levels aged 6 to 12, with a focus on fun, fitness, and fundamental skills. Whether your child is new to rugby or already loves the game, this program is perfect for building confidence, teamwork, and coordination, all while making new friends and forming a community at the YMCA.

NEW Play & Go | Ages : 6Y-12Y

Need time to shop, run errands, or just enjoy a little break? Our Play & Go program offers a safe, fun, and supervised environment where parents can confidently leave their children while they take care of what they need to, child-free! Additional fee of \$25 per child for program. Minimum 5 children must be enrolled for the program to take place. **Registration required for each class.**

Indoor Hockey Tournament | Ages: 6Y-12Y/ 13Y-17Y

Come join the fun at our Indoor Hockey Tournament! Whether you're a seasoned player or just looking to have a good time with friends, this tournament is all about fast-paced, exciting hockey action. All skill levels welcome.

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.

Holiday Movie Night | Ages: All

Come enjoy a cozy and entertaining Family Movie Night at the YMCA! One night only (December 12), enjoy a holiday movie together. It's a great opportunity to relax, connect with loved ones, and create special memories together. All ages are welcome. Wear your favorite pajamas, bring your blankets, and get ready for an evening full of fun, laughter. Popcorn Available. **Registration encouraged.** *The Polar Express*

Family Craft | Ages: All

Get into the holiday spirit with a fun-filled morning of holiday card making! Bring your family and create personalized cards to share your warm wishes with friends and loved ones. All ages are welcome—no crafting experience needed. Join us for creativity, connection, and festive cheer! **Registration encouraged.**