

Child, Youth and Family Schedule

March Break: March 16 - 22, 2026

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

| MON, MAR 16 | TUE, MAR 17 | WED, MAR 18 | THU, MAR 19 | FRI, MAR 20 | SAT, MAR 21 | SUN, MAR 22 |
|--|--|--|--|--|---|--|
| 13:30-14:15 "5, 6, 7, 8" Child Dance & Cheer fusion Studio Ages: 8Y-12Y □ | 17:15 – 18:15 H2O Extreme Pool Ages: 6Y-12Y ◆ | 17:00-17:45 "5, 6, 7, 8" Child Dance & Cheer fusion Studio Ages: 8Y-12Y □ | 17:15 – 18:15 H2O Extreme Pool Ages: 6Y-12Y ◆ | 17:00 – 18:00 Pre-Teen Hip Hop Studio Ages: 9Y-15Y ◆ | 08:45 – 11:30 Child Minding Playcare Room Ages: 3Y-6Y □ | 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: 3-6Y □ | 18:00 – 18:45 Child Basketball Gymnasium A Ages: 6Y-8Y ◆ | 18:00 – 20:00 Child Minding Playcare Room Ages: 3-6Y □ | 18:00 – 18:45 Child & Pre-Teen Indoor Soccer Gymnasium A Ages: 6Y-12Y ◆ | 12:00 – 12:45 Child Dance Studio Ages: 6Y-8Y ◆ | 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 Y-Kids Game Club Conference Room Ages: 6Y-12Y ◆ | 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 ◆ | 18:00 – 18:45 Child & Pre-Teen Badminton/Pickleball all Gymnasium B Ages: 6Y-12Y ◆ | 12:30 – 13:45 Family Soccer & Badminton Gymnasium Ages: 6+ ◆ | 12:00 – 14:00 Birthday Parties Gymnasium Booking Required □ |
| 19:00 – 20:00 Child Minding Playcare Room Ages: 3Y-6Y □ | | 19:00 – 20:00 Child Minding Playcare Room Ages: 3Y-6Y □ | | | 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 – 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.**

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.

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.

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.

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.

"5, 6, 7, 8" Dance and Cheer fusion

Get ready to move, groove, and cheer with pom-poms in hand! This high-energy class blends fun dance routines with cheer-inspired moves for a workout that feels like a celebration. Designed for teens and adults, it's all about building confidence, coordination, and cardio while having an absolute blast. No experience needed, just bring your energy and love of movement.