

# 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  |
|--|---|---|---|---|--|--|
| 10:30 - 12:30<br><b>Family Basketball</b> ◆<br>Gymnasium<br>Ages: Parent & Child |   |   | 10:30 - 12:30<br><b>Family Soccer</b> ◆<br>Gymnasium<br>Ages: Parent & Child          | 10:30 - 12:30<br><b>Family Racket Sports</b> ◆<br>Gymnasium<br>Ages: Parent & Child | 10:45 - 11:45<br><b>Family Swim</b> ◆<br>Pool<br>Ages: All | 10:45 - 11:45<br><b>Family Swim</b> ◆<br>Pool<br>Ages: All |
| 11:15 - 12:45<br><b>Child Swimming Lessons</b> ☼<br>Pool<br>Ages: 6Y-12Y         | 11:15 - 12:45<br><b>Child Swimming Lessons</b> ☼<br>Pool<br>Ages: 6Y-12Y                        | 11:15 - 12:45<br><b>Child Swimming Lessons</b> ☼<br>Pool<br>Ages: 6Y-12Y    | 11:15 - 12:45<br><b>Child Swimming Lessons</b> ☼<br>Pool<br>Ages: 6Y-12Y              | 11:15 - 12:45<br><b>Child Swimming Lessons</b> ☼<br>Pool<br>Ages: 6Y-12Y            |  |  |
| 13:00 - 14:00<br><b>Family Swim</b> ◆<br>Pool<br>Ages: All                       | 12:30 - 14:30<br><b>Play &amp; Go</b> ●<br>Youth Zone/ Kids Zone<br>Ages: 6Y-9Y<br>Members only | 16:00 - 17:15<br><b>Youth Open Gym</b> ◆<br>Gymnasium<br>Ages: 13Y-17Y      |   | 13:00 - 14:00<br><b>Family Swim</b> ◆<br>Pool<br>Ages: All                          |  |  |
| 16:00 - 17:15<br><b>Youth Open Gym</b> ◆<br>Gymnasium<br>Ages: 13Y-17Y           | 16:00 - 17:30<br><b>Youth Open Gym</b> ◆<br>Gymnasium<br>Ages: 13Y-17Y                          | 17:30 - 18:30<br><b>Soccer Tournament</b> ◆<br>Gymnasium<br>Ages: 6Y-12Y    | 17:00 - 19:00<br><b>Gym &amp; Swim</b> ◆<br>Gymnasium<br>Ages: 6Y-9Y<br>AND<br>9Y-12Y | 18:00 - 19:45<br><b>Float &amp; Flick</b> ◆<br>Pool<br>Ages: All                    |  |  |
| 17:30 - 18:30<br><b>H2O Games</b> ◆<br>Pool<br>Ages: 6Y-12Y                      |   | 18:30 - 19:30<br><b>Supervised Kids Zone</b> ◆<br>Kids Zone<br>Ages: 6Y-12Y |   |   |  |  |

## Kid Zone (Parent Supervised)

| MON, MAR 16                             | TUE, MAR 17                             | WED, MAR 18                             | THU, MAR 19                             | FRI, MAR 20                             | SAT, MAR 21               | SUN, MAR 22               |
|---|---|---|---|---|---------------------------|---------------------------|
| 8:00-9:00<br>12:30-14:30<br>18:00-20:45 | 8:00-9:00<br>12:30-13:30<br>18:00-20:45 | 8:00-9:00<br>12:30-14:30<br>19:30-20:45 | 8:00-9:00<br>12:30-14:30<br>18:00-20:45 | 8:00-9:00<br>12:30-14:30<br>18:00-19:45 | 8:00-12:45<br>14:00-15:45 | 8:00-12:45<br>14:00-15:45 |

Schedule is subject to change

◆**Drop-in activity.** Day pass fee required for non-members.

● **Reservation and additional fees required**

## 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

### Gym and Swim | Ages: 6Y-9Y and 9Y-12Y

Participants will enjoy activities that will develop beginner swimmers confidence in the pool and a variety of energetic and action packed land activities will foster fundamental movement skills. This program is ideal for your child to develop a variety of land and water movement skills. All participants must bring active footwear for the gym and a bathing suit and towel for the pool. On land for the first 1 hour before moving to the pool for the second hour. Drop off in gym, pick up on pool deck. Parent/Caregiver participation is not required.

### Play & Go | Ages 6Y - 9Y

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 \$15 per child for program. **Booking and fee required.**

### H2O Games | Age: 6Y - 12Y

This program is pure fun! Children will have the opportunity to learn pool-based games and activities such as Marco Polo, obstacle courses, pool scavenger hunts and more. Prerequisite: Participants must be comfortable in shallow water by themselves and should be able to swim a minimum of 5 meters continuously.

### 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.

### Soccer Tournament | Ages: 6Y-12Y

Designed for players ages 6-12, this one-hour organized soccer tournament features fast-paced games, clear rules, and supervised play. It's a great way for kids to stay active, build confidence, and enjoy friendly competition.

## Child Swimming Lessons | Ages: 6Y-12Y

### Otter & Seal | Age: 6Y - 12Y (11:15 - 12:00)

With our first level of Learn to Swim, children learn to go under water, kick, roll and jump. They will gain confidence in their body awareness and swimming abilities. Otters will learn to swim underwater and glide unassisted on their front, back and side. Seal builds upon the Otter skills, continuing to work on Glides up to 5m and increasing comfort in deep water.

### Dolphin & Swimmer | Age: 6Y - 12Y (12:00 - 12:45)

These levels are designed to increase your child's swimming abilities, endurance and stamina; building on their increased confidence in deep water. Dolphins will coordinate arms, legs and breathing for smooth propulsion leading to front and back crawl. At the Swimmer level, participants will increase skills in front and back strokes, endurance and treading water for 40 seconds in deep water.

### 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.

### Family (Basketball, Soccer, Racket Sports) | Ages: Parent & Child

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.

### Float & Flick | Ages: All

*Float & Flick* invites you to kick back in the pool and watch a favorite movie from the comfort of your float. Bring the family, make a splash, and enjoy a night of floating fun and film.

### Family Swim | Ages: All

A time for families to come in and enjoy the Taggart YMCA pool in unstructured swimming, with both pools fully open for families to enjoy. The buoy line will be in to separate the deep and shallow ends; no lanes will be in the main pool during this time. All children under 12 will be held to the facilities swimming ratios for admittance, those between the ages of 6-11 will need to be swim tested and will require a person aged 16+ to meet the swim ratios for the facility.7575

## TAGGART FAMILY Y BINGO

|  |                                  |  |  |   |
|--|----------------------------------|--|--|---|
| Do a silly walk across the gym floor                     | Find something in the colour RED | Hop like a frog from one spot to another | Climb to the top of the play structure       | Take a photo with your family (beside a Y logo) |
| Find a staff member with a name tag and learn their name | Eat a snack from Chef Rics       | Give a high-five to YMCA Staff Member    | Shoot a basketball                           | Practice a safe pool entry ("feet first!")      |
| Find someone wearing a YMCA shirt                        | Jump into the Small Pool         | <b>FREE SPACE</b>                        | Find something blue near the pool            | Bounce a ball 5 times in a row                  |
| Do 10 jumping jacks as a family                          | Splash safely in the shallow end | Play a quick game of ping-pong           | Drink some water out of one of our fountains | Show your best dance move to a friend           |
| Pose like the YMCA dance letters (Y-M-C-A!)              | Go down the slide in Kid Zone    | Introduce your family to another family  | Find the hidden poster in Kids Zone          | Attend Float & Flick                            |