

Child, Youth and Family Schedule

June 1 - 28, 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16:00 – 17:15 Youth Open Gym ◆ <i>Gymnasium</i> Ages: 13Y-17Y	16:00 – 17:15 Youth Open Gym ◆ <i>Gymnasium</i> Ages: 13Y-17Y	16:00 – 17:15 Youth Open Gym ◆ <i>Gymnasium</i> Ages: 13Y-17Y		16:30 – 17:30 H2O Games ■ <i>Pool</i> Ages: 6Y-12Y		
	17:00 – 19:00 Kids Zone and Swim ◆ <i>Kids Zone/ Pool</i> Ages: 6Y-12Y		17:00 - 19:00 Gym and Swim ◆ <i>Gymnasium/ Pool</i> Ages: 6Y-12Y	17:00 - 19:45 Family Night ◆ <i>Youth Zone</i> Ages: All		
		17:30 – 18:15 Child & Pre-Teen Sport Variety ◆ <i>Gymnasium</i> Ages: 6Y-12Y				
19:00 – 20:30 Dungeons and Dragons Club ■ <i>Youth Zone</i> Ages: 8Y-16Y	19:00 - 20:00 Story & Craft ◆ <i>Studio A</i> Ages: Parent and Child					

Kid Zone (Parent Supervised)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00 12:00-14:30 16:00-20:45	8:00-9:00 12:00-14:30 16:00-17:00 18:00-20:45	8:00-9:00 12:00-14:30 16:00-20:45	8:00-9:00 12:00-14:30 16:00-20:45	8:00-9:00 12:00-14:30 16:00-19:45	8:00-12:45 14:00-15:45	8:00-12:45 14:00-15:45

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
-------------------------------	-------------------------------------	-----------------------------	------------------------------------	-----------------------------------

Schedule is subject to change

◆ **Drop-in activity.** Day pass fee required for non-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](#).

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

Kid Zone (Parent Supervised)

A fun-filled space where kids can run, jump, slide, and explore in a safe and exciting environment, with parents actively playing and supervising alongside them! Kid Zone encourages movement, imagination, and quality family time.

Please note: Socks are required for entry into Kid Zone.

Story & Craft | Ages: Parent & Child

Join us for a fun and creative program where children and their caregivers can enjoy stories and hands-on crafts together. YMCA staff will lead an engaging story time that encourages imagination, listening skills, and a love of reading. After the story, families will participate in a simple craft activity inspired by the book.

All craft materials are provided.

Kids Zone and Swim | Ages: 6Y-12Y

Kids can enjoy an active and exciting experience with time in Kid Zone followed by a swim. YMCA staff will supervise and guide the group as children run, jump, slide, and explore the play structures in a safe and engaging environment. Afterward, participants will head to the pool for a fun recreational swim. All participants must bring socks for the Kid Zone and a bathing suit and towel for the pool. On land for the first 45 minutes before moving to the pool for the second part. Drop off in Kid Zone, pick up on pool deck. Parent/Caregiver participation is not required.

Gym and Swim | Ages: 6Y-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.

Child and Pre-Teen Sport Variety | Ages : 6Y-12Y

Every week will be a different sport focus. Y staff will monitor, and lead drills, activities and scrimmages. Soccer, Basketball, Volleyball, Hockey, Badminton and Pickleball. Establishing a foundation for healthy, Y active living.

Dungeons and Dragons Club | Ages : 8Y-16Y

Step into a world of adventure, creativity, and imagination! This program introduces participants to the exciting game of Dungeons & Dragons, where players create characters, work as a team, and embark on epic storytelling quests. No experience is needed—beginners and experienced players are all welcome. Participants will build confidence, practice problem-solving, and develop social skills while exploring magical worlds and crafting their own stories. Come ready to imagine, collaborate, and have 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.

Family Night | Ages: All

Family Night is a fun, relaxed time where everyone comes together to enjoy simple activities and each other's company. The focus is on connection and laughter, with a mix of games, crafts, and shared experiences that appeal to all ages. Families can take part in friendly games, get creative with hands-on crafts, and enjoy a welcoming atmosphere filled with conversation and smiles.

H2O Games | Age: 6Y - 12Y

This program is pure fun! Children will have the opportunity to learn and participate in 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.