

Child, Youth and Family Schedule

June 29 - August 23, 2026

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

HOLIDAYS: July 1 – CLOSED, August 3 – CLOSED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		10:30 - 12:30 Family Soccer ♦ Gymnasium Ages: Parent & Child <i>Excluding the last two weeks of August</i>	10:30 - 12:30 Family Basketball ♦ Gymnasium Ages: Parent & Child <i>Excluding the last two weeks of August</i>		9:00 – 11:00 Child Minding □ Studio A Ages: 3Y-6Y	
	12:30 – 14:00 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	12:30 – 14:00 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	12:30 – 14:00 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y			
18:00 – 19:00 Club Scooter ■ Gymnasium Ages: 6Y-12Y	17:30 – 19:00 Pre-School Craft & Play □ Studio A Ages: 3Y-6Y	17:00 - 19:00 Gym and Swim ■ Gymnasium/Pool Ages: 6Y-12Y	17:30 – 18:15 Child & Pre-Teen Sports Variety ■ Gymnasium Ages: 6Y-12Y		July 24 17:30 - 18:45 Paint Night □ Youth Zone Aug 14 17:30 - 18:45 Family Trivia Night □ Youth Zone	
	18:00 – 19:30 Jays Care Baseball ■ Gymnasium Ages: 6Y-12Y					

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 16:00-20:45	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	8:00-11:45 13:00-15:45	8:00-15:45

Birthday Parties

Saturday Gym 12:00-14:00	Saturday Kids Zone 12:00-14:00
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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.

■ **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.

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.**

NEW Pre-School Craft & Play | Ages: 3Y-6Y

Join a member of our CYF team for a fun-filled session of crafting and play! Little ones will enjoy making things with their very own hands, exploring a different creative craft project each week, and spending time playing with toys and engaging activities designed for curious young minds. **Booking required.**

Child and Pre-Teen Sports 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. **Registration 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. **Registration required.**

NEW Club Scooter | Ages: 6Y-12Y

Ready to roll? Join us for Club Scooter, a fun and active program where kids can build confidence, improve coordination, and enjoy exciting scooter-based games and activities with friends. Participants will practice safe riding skills, obstacle courses, group challenges. Please bring your own scooter and helmet for each session. **Safety gear is required for participation. Registration required.**

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 (Soccer, Basketball) | 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.

Paint Night | Ages: ALL

Join us for Paint Night at the YMCA! This workshop allows participants of any skill level to recreate beautiful pieces of art in a guided, step-by-step instructed setting. It's a creative way to hang out with friends or come alone and build connections in the community.

Family Trivia Night | Ages: ALL

Get ready for an evening of laughs, friendly competition, and brain-teasing fun! Bring the whole family and test your knowledge across a mix of exciting trivia categories; from pop culture and history to sports and silly surprises.

Jays Care - Baseball | Ages: 6Y-12Y

This summer, kids can learn baseball with the YMCA and [Jays Care Foundation](#). This program offers a positive, supportive environment where kids can develop their confidence and team spirit. They'll get familiar with the basics of the sport through games and activities that teach skills like throwing, catching, hitting, fielding, and base-running. No previous baseball experience or equipment is required. Everyone is welcome — just come ready to have fun!