

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

### 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

<b>Saturday   Gym</b> 12:00-14:00	<b>Saturday   Kids Zone</b> 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](http://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.