

# Child, Youth and Family Schedule

September 7 - November 29, 2026

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

**HOLIDAYS:** Monday, September 7 (Labour Day) – Closed, Monday, October 12 (Thanksgiving) - No programs

| MONDAY                                                                                    | TUESDAY                                                                                         | WEDNESDAY                                                                                     | THURSDAY                                                                                                | FRIDAY | SATURDAY                                                                         | SUNDAY |
|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------|----------------------------------------------------------------------------------|--------|
| 15:45 - 16:45<br><b>Youth Open Gym</b> ♦<br><i>Gymnasium</i><br>Ages: 13Y-17Y             | 15:45 - 16:45<br><b>Youth Open Gym</b> ♦<br><i>Gymnasium</i><br>Ages: 13Y-17Y                   | 15:45 - 16:45<br><b>Youth Open Gym</b> ♦<br><i>Gymnasium</i><br>Ages: 13Y-17Y                 |                                                                                                         |        | 08:45 – 11:00<br><b>Child Minding</b> □<br><i>Playcare</i><br>Ages: 2Y-6Y        |        |
| 18:00 – 18:45<br><b>Child &amp; Pre-Teen Soccer</b> ■<br><i>Gymnasium</i><br>Ages: 6Y-12Y |                                                                                                 | 18:00 – 18:45<br><b>Child &amp; Pre-Teen Basketball</b> ■<br><i>Gymnasium</i><br>Ages: 6Y-12Y | 17:00 – 18:00<br><b>Jay's Care Baseball</b> ■<br><i>Gymnasium</i><br>Ages: 6Y-12Y<br>(Starting Sept 24) |        | 09:30 – 10:30<br><b>Tae Kwon Do Beginner</b> ■<br><i>Studio</i><br>Ages: 6Y+     |        |
| 17:30- 20:00<br><b>Child Minding</b> □<br><i>Playcare</i><br>Ages: 2Y-6Y                  | 18:00- 19:00<br><b>Pre-School Craft &amp; Play</b> ■<br><i>Playcare</i><br>Ages: 2Y-6Y          |                                                                                               | 17:00- 20:00<br><b>Child Minding</b> □<br><i>Playcare</i><br>Ages: 2Y-6Y                                |        | 10:45 – 11:45<br><b>Tae Kwon Do Intermediate</b> ■<br><i>Studio</i><br>Ages: 6Y+ |        |
|                                                                                           |                                                                                                 |                                                                                               |                                                                                                         |        | 10:45 – 11:30<br><b>Family Yoga</b> ■<br><i>Conference room</i><br>Ages: 6Y+     |        |
|                                                                                           | 18:00 – 19:00<br><b>Karate Beginner (White &amp; Yellow)</b> ■<br><i>Gymnasium</i><br>Ages: 6Y+ | 19:00 – 20:00<br><b>Y Kids Game Club</b> ■<br><i>Playcare</i><br>Ages: 6Y-12Y                 | 18:00 – 19:00<br><b>Karate Beginner (White &amp; Yellow)</b> ■<br><i>Gymnasium</i><br>Ages: 6Y+         |        | 12:00-12:45<br><b>Child Dance</b> ■<br><i>Studio</i><br>Ages: 6Y-8Y              |        |
|                                                                                           | 19:00 – 20:00<br><b>Karate Intermediate (Orange to Blue)</b> ■<br><i>Gymnasium</i><br>Ages: 9Y+ |                                                                                               | 19:00 – 20:00<br><b>Karate Intermediate (Orange to Blue)</b> ■<br><i>Gymnasium</i><br>Ages: 9Y+         |        | 13:00- 13:45<br><b>Pre-Teen Dance</b> ■<br><i>Studio</i><br>Ages: 9Y-12Y         |        |

## Birthday Parties

|                                         |                                      |                                     |
|-----------------------------------------|--------------------------------------|-------------------------------------|
| <b>Saturday   Sports</b><br>13:00-15:00 | <b>Sunday   Dance</b><br>10:30-12:30 | <b>Sunday   Pool</b><br>13:30-15:30 |
|-----------------------------------------|--------------------------------------|-------------------------------------|

## Courses

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|-------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| <b>Home Alone Course</b><br>October 3<br>11:00-14:00<br><i>Playcare</i> | <b>Babysitting Course</b><br>October 17 +18<br>11:00-16:00<br><i>Playcare</i> |
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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 10Y-12Y 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: 2Y – 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.**

### Pre-School Craft & Play | Ages: 2Y-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 & Pre-Teen Soccer | Ages: 6Y - 12Y

Take part in soccer skill development. Focus is on fun, participation, teamwork and fair play. Staff will lead children through warmups and drills to develop fundamental soccer skills. Game oriented activities will be a part of the program. No previous playing experience required. **Registration is required.**

### Child and Pre-Teen Basketball | Ages: 6Y - 12Y

Take part in basketball skill development. Focus is on fun, participation, teamwork and fair play. **Registration is required.**

### Jay's Care Baseball | Ages: 6Y - 12Y

Step up to the plate for a fun-filled week of baseball with the YMCA and Jays Care Foundation! This program introduces children to the fundamentals of baseball through exciting games, skill-building activities, and team-based play in a safe, inclusive, and supportive environment. Participants will develop coordination, confidence, teamwork, and sportsmanship while staying active and making new friends. No previous baseball experience or equipment is required—just come ready to have fun! Everyone is welcome, and all skill levels are encouraged to join. **Registration is required.**

### 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.

### Child & Pre-Teen Dance | Ages: 6Y - 12Y

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.

### Family Karate – Beginner | Age: 6Y+

Fun and fitness for the whole family. This beginner Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. No experience required. **Registration is required.**

### Family Karate – Intermediate | Age: 9Y+

Fun and fitness for the whole family. This intermediate Karate course is open to children, youth, adults and families working on blue to orange belts. Students learn respect, self-discipline and self-defense techniques. Yellow belts and above. **Registration is required.**

### Family Tae Kwon Do – Beginner & Intermediate/Advanced | Ages: 6Y+

Perfect for anyone aged 6 and up, this dynamic program is led by qualified instructors from the renowned Tae E. Lee Taekwondo School (an official World Taekwondo affiliated school celebrating its 47th anniversary in Ottawa). Dive into a world of excitement and transformation as you build fitness, boost self-confidence, master discipline, sharpen concentration, and enhance your overall well-being. Join us and start your journey of mastery in the art of Tae Kwon Do. **Registration is required and no experience necessary**

### Family Yoga

A fun and interactive class designed for parents, caregivers, and children to enjoy together. Through playful poses, partneractivities, breathing exercises, and relaxation, families build strength, flexibility, balance, and mindfulness while creating lasting memories. Suitable for all ages and experience levels.

### 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.

### Home Alone Course | Ages: 9Y+

Prepare your child to stay home alone!

Is your child ready to stay at home alone? Register today for our YMCA Home Alone Course! Empower children with the confidence needed to care for themselves when home alone. This class is designed for youth ages 9+ years to provide the skills needed to look after themselves for short periods of time. Participants will learn:

- Strategies to create a safe and positive environment
- How to handle real-life situations
- Injury prevention
- Basic First Aid skills

Member \$36.00

Non-Member \$40.00

### Babysitting Course | Ages : 11Y-14Y

Participants will learn the basics of how to care for, entertain, engage & safely care for young children. This class is designed for youth ages 11 - 14 years to increase confidence while providing hands-on experience with the skills needed to be a babysitter including:

- How to care for babies, toddlers, preschoolers and school-aged children
- Age-appropriate activities and games
- Strategies to create a safe and positive environment and prevent injuries
- Problem-solving and decision-making skills to handle emergencies
- Basic First-Aid skills

Member \$81.00

Non-Member \$90.00