

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
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	16:15 – 17:15 Youth Volleyball & Soccer ■ <i>Gymnasium</i> Ages: 13Y-17Y			10:00 – 12:00 Family Soccer ♦ <i>Gymnasium</i> Ages: Parent & Child	
17:00 – 18:00 Dungeons and Dragons Club ■ <i>Studio A</i> Ages: 8Y-12Y	17:30 – 18:30 Supervised Play ♦ <i>Kids Zone</i> Ages: 3Y-12Y	17:30 – 19:30 Gym and Swim ■ <i>Gymnasium/ Pool</i> Ages: 6Y-12Y	17:30 – 19:30 Supervised Play ♦ <i>Kids Zone</i> Ages: 3Y-12Y		Home Alone Course \$ □ Saturday, Oct. 17 13:00-16:00 <i>Studio A</i> Ages: 9Y+ Babysitting Course \$ □ Saturday Nov. 7 and Sunday Nov. 8 10-15:00 (both days) <i>Studio A</i> Ages: 11Y-14Y	
18:30 – 19:15 Child & Pre-Teen Rugby ■ <i>Gymnasium</i> Ages: 6Y-12Y	18:45 – 19:45 Jay's Care Baseball ■ <i>Gymnasium</i> 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- 17:15 18:45-20:45	8:00-9:00 12:00-14:30 16:00-20:45	8:00-9:00 12:00-14:30 16:00-17:15 19:45-20:45	8:00-9:00 12:00-14:30 16:00-19:45	8:00-12:45 14:00-15:45	8:00-9:00 10:00-15:45

Birthday Parties

Saturday Science 10:00-12:00	Saturday Kids Zone 13:00-15:00	Sunday Kids Zone 9:00-11:00	Sunday Sports 12:00-14:00	Sunday Pool Party (last Sunday of every month) 15:00-17:00
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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.

Supervised Play | Ages: 3Y–12Y

Enjoy your workout or YMCA program while your little one has fun in a safe, welcoming environment! Our Child Minding program offers supervised play for children ages 3–12, with engaging, games, imaginative play, and plenty of opportunities to run, jump, slide, and explore in our Kid Zone. Our caring Child & Youth staff create a positive, active experience where children can make new friends while you enjoy the Y with peace of mind. **Advance booking is available, and drop-ins are welcome when space permits. Socks are required for entry into the Kid Zone.**

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.**

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 is required.**

Child and Pre-Teen Rugby | Ages : 6Y–12Y

Introduce your child to the fun, fast-paced world of rugby in a safe and supportive environment! Our program is a recreational program designed for all skill levels aged 6 to 12, with a focus on fun, fitness, and fundamental skills. Whether your child is new to rugby or already loves the game, this program is perfect for building confidence, teamwork, and coordination, all while making new friends and forming a community at the YMCA. **Registration is required.**

Dungeons and Dragons Club | Ages : 8Y–12Y

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! **Registration is 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.

Youth Volleyball & Soccer | Age: 13Y – 17Y

Enjoy a structured recreation program that alternates between volleyball and soccer each week, giving participants the opportunity to develop skills in both sports. Sessions include skill-building drills, practice activities, and game play in a fun, supportive environment. Whether you're trying a sport for the first time or looking to improve your technique, this program is a great way to stay active, build confidence, and have fun. All skill levels are welcome, and no prior experience is necessary. **Registration is required.**

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