



Child, Youth and Family Schedule

September 9 – December 22, 2024

HOURS Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00
HOLIDAYS: October 12, 13, 14 (Thanksgiving Weekend) Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆		15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆		15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	08:45 – 10:00 Child Minding Playcare Room Ages: 3Y-5Y □	10:15 – 11:30 Family Basketball Gymnasium #1 Ages: 6Y+ ◆
18:00 – 18:45 Child Active Play Gymnasium #1 Ages: 6Y-12Y ■	18:00 – 20:00 Child Minding Playcare Room Ages: 3-5Y □	16:00 – 17:00 After School Swim Pool Ages: 6Y-17Y ◆	18:00 – 20:00 Child Minding Playcare Room Ages: 3-5Y □	16:00 – 17:00 After School Swim Pool Ages: 6Y-17Y ◆	09:15 – 10:15 Family Tae Kwon Do – Beginners Ages: 6Y+ ■	10:15 – 11:30 Family Pickleball Gymnasium #2 Ages: 6Y+ ◆
18:00 – 18:45 Pre-School Active Play Gymnasium #2 Ages: 3Y-5Y ■	18:00 – 20:00 Y Camp Express Conference Room Ages: 6Y-12Y ■	18:00 – 18:45 Child & Pre-Teen Basketball Gymnasium #1 Ages: 6-12Y ■	18:00 – 20:00 Y Camp Express Conference Room Ages: 6Y-12Y ■	17:30 – 18:30 Pre-Teen Hip Hop Studio Ages: 12Y-15Y ■	10:30 – 11:30 Family Tae Kwon Do – Intermediate Ages: 6Y+ ■	11:45 – 13:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆
19:00 – 20:30 Child Minding Playcare Room Ages: 3Y-5Y □	17:15 – 18:15 Swim Fit Pool Ages: 10Y-17Y ■	18:00 – 18:45 Child & Pre-Teen Soccer Gymnasium #2 Ages: 6Y-12Y ■	18:00 – 19:00 Karate: Beginners (White and Yellow) Gymnasium Ages: 6Y+ ■	18:00 – 18:45 Child & Pre-Teen Soccer Gymnasium #1 Ages: 6Y-12Y ■	11:45 – 13:00 Family Soccer & Badminton Gymnasium #1 & #2 Ages: 6+ ◆	
	18:00 – 19:00 Karate: Beginners (White and Yellow) Gymnasium Ages: 6Y+ ■	19:00 – 19:45 Child & Pre-Teen Pickleball / Badminton Gymnasium #1 Ages: 6 – 12Y ■	19:00 – 20:00 Karate: Intermediate (Orange to Blue) Gymnasium Ages: 9Y+ ■	18:00 – 18:45 Child & Pre-Teen Pickleball Gymnasium #2 Ages: 6Y-12Y ■	12:00 – 12:45 Child Dance Studio Ages: 6Y-8Y ■	
	19:00 – 20:00 Karate: Intermediate (Orange to Blue) Gymnasium Ages: 9Y+ ■		20:00 – 20:30 Karate: Advanced (Brown and Black) Gymnasium Ages: 9Y+ ■	19:00 – 19:45 Youth Night Gymnasium Ages: 13Y-17Y ◆	13:15 – 14:30 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	
	20:00 – 20:30 Karate: Advanced (Brown and Black) Gymnasium Ages: 9Y+ ■				13:00 – 14:00 Pre-Teen Dance Studio Ages: 9Y-12Y ■	

- ◆ **Drop-in program.** 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.** Session fee required for members and non-members. Note: Two free registered programs are included per session in a Y membership. Some exceptions apply. For full membership details, visit ymcaottawa.ca/health-fitness/how-to-join. Session registrations can be made in person, by phone or online.

To learn more about registering or booking your spot, visit ymcaottawa.ca or call or visit your local Y.

Program Descriptions

Youth Open Gym | Ages: 12Y – 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.

Pre-School & Child Active Play | Ages: 3Y – 8Y

A fun introduction to active play that develops the ABC's of movement – Agility, Balance and Coordination. Building on fundamental movement skills such as running, jumping and throwing, children will be exposed to a variety of sports while learning that physical activity is an exciting part of everyday life. **Registration is required.**

Child / Pre-Teen Dance | Ages: 6Y-8Y / 9Y-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.

Y Youth Night | Ages: 13Y-17Y

Teens are welcome to hang out with friends and Y staff for different sports and activities each week, such as basketball, guided workouts, fitness and health tips, group fitness classes, special events, guest speakers and more.

Y Camp Express – Child | Ages 6 – 8Y

The fun of summer camp all year long. Children take part in a range of traditional day camp activities such as sports, games and crafts as well as enjoying themed weeks and special events. Your child will explore hidden talents and develop friendships. **Registration is required.**

Child/Pre-Teen/Family Pickleball | Ages: 6Y +

Pickleball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. This program is for players of all ages and abilities. Focus is on participation and fun.

Child / Pre-Teen Indoor Soccer | Ages: 6Y-8Y / 9Y-12Y

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

Family Tae Kwon Do – Beginner & Intermediate | 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**

Child and Youth Age and Access Policies

Children under 10 years must be accompanied by a parent/ guardian who is 16 years or older and remain in the same program space with the parent/guardian at all times (unless child is participating in a Y staff-led program).

Children aged 10-12 years may access facility without a parent, but must complete the free Y Kids Academy program in order to use the conditioning floor. 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.