



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
16:00 – 18:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	16:00 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	16:00 – 18:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	16:00 – 18:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	16:00 – 18:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	08:00 – 9:15 Child Minding Studio A Ages: 3Y-5Y □	11:15 – 12:45 Family Pickle Ball West Gym Ages: 6Y+ ◆
16:45 – 19:45 Supervised Kid Zone Kid Zone Ages: 6Y+ ◆	16:45 – 19:45 Supervised Kid Zone Kid Zone Ages: 6Y+ ◆	16:30 – 17:30 After School Swim Pool Ages: 6Y-17Y ◆	18:15 – 19:00 Pre-School Fundamentals: Sports & Movement East Gym Ages: 3Y-5Y ■	16:30 – 17:30 After School Swim Pool Ages: 6Y-17Y ◆	08:00 – 09:30 Supervised Kid Zone Kids Zone Ages: 6Y-12Y □	11:15 – 12:45 Family Basketball East Gym Ages: 6Y+ ◆
18:00 – 19:30 Family Active Play Gymnasium Ages: 6Y+ ◆	18:45 – 20:15 Child Minding Studio A Ages: 3Y-5Y □	18:15 – 19:00 Child & Pre-Teen Basketball East Gymnasium Ages: 6Y-12Y ■	18:15 – 19:00 Child Fundamentals: Sports & Movement West Gym Ages: 6Y-9Y ■	18:00 – 18:45 Child & Pre-Teen Soccer East Gymnasium Ages: 6Y-12Y ■	11:15 – 12:45 Family Pickle Ball West Gym Ages: 6Y+ ◆	13:00 – 14:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆
	18:00 – 19:00 Taekwondo Gymnasium Ages: 6Y+ ■		19:15 – 20:00 Child & Pre-Teen Pickle Ball West Gym Ages: 6Y+ ◆	18:15 – 19:00 Pre-School Active Play West Gymnasium Ages: 3Y-5Y ■	11:15 – 12:45 Family Soccer East Gym Ages: 6Y+ ◆	
			18:00 – 20:00 Youth Zone Third floor, Youth Zone Ages: 13Y-17Y ◆	19:15 – 20:00 Youth Night in the Gym Gymnasium Ages: 13Y-17Y ◆	13:00 – 14:00 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	
			Birthday Parties Saturdays & Sundays 10:00 – 12:00 13:00 – 15:00 <i>(To book a birthday party, call or visit your local Y).</i>		Kid's Zone Parent Supervised Mon – Fri 07:45 – 09:45, 11:45-14:45 Wed, Thu, Fri 16:15 – 19:45 Sat 10:00 – 15:45 Sun 08:00 – 15:45 Y Staff Supervised Mon, Tue 16:45 – 19:45 Sat 08:00 – 09:30 *Subject to bookings and changes.	

- ◆ **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 [How to Join | YMCA of the National Capital Region \(ymcaottawa.ca\)](http://ymcaottawa.ca) . 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. Schedule is subject to change.

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.

Open Gym & Family Open Gym | Ages: 6Y +

Dedicated open gym time to play and have fun together while establishing a foundation for healthy, active living. Y staff will monitor activity and provide access to a variety of sports equipment.

Child Active Play | Ages: 6Y - 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.

Child & Pre-Teen Basketball | Ages: 6Y-12Y

Take part in basketball skill development. Focus is on fun, participation, team work and fair play.

Pre—School & Child Creative Play |

Ages: 3Y – 5Y & 6Y - 8Y

Preschoolers get creative and explore through a variety of activities such as arts, drama and games. Children will build self-confidence while developing their imagination.

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.

Youth Zone | Ages: 12Y – 17Y

Youth Zone is a hang out, play foosball, video games, board games and relax kind of space! Bring friends or make new ones, this space is a safe space for youth to just be youth.

Open Volleyball | Ages: 6Y +

If you enjoy practicing your serving or spiking skills, Open Volleyball might be the place for you! Join people from all ages and experiences with Volleyball and learn together!

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.