



Child, Youth and Family Schedule

January 6 – March 9, 2025

HOURS Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00
HOLIDAYS: February 15, 16, 17 (Family Day Weekend) Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16:00 – 19:30 Kids Zone ◆ Kids Zone Ages: 1Y-12Y (Parent supervision required)		16:00 – 19:30 Kids Zone ◆ Kids Zone Ages: 1Y-12Y (Parent supervision required)		16:00 – 19:30 Kids Zone ◆ Kids Zone Ages: 1Y-12Y (Parent supervision required)	08:00 – 12:00 Kids Zone ◆ Kids Zone Ages: 1Y-12Y (Parent supervision required)	12:30 – 15:45 Kids Zone ◆ Kids Zone Ages: 1Y-12Y (Parent supervision required)
		16:30 – 17:30 After School H2O Extreme ■ Pool Ages: 6Y-12Y		16:30 – 17:30 After School H2O Extreme ■ Pool Ages: 6Y-12Y	09:30 – 12:45 Preschool and Child Group Swimming Lessons ■ (See Aquatic Schedule for details)	09:30 – 12:45 Preschool and Child Group Swimming Lessons ■ (See Aquatic Schedule for details)
17:00 – 19:15 Preschool and Child Group Swimming Lessons ■ (See Aquatic Schedule for details)	17:30 – 19:30 Supervised Kids Zone □ Kids Zone Ages: 6Y-12Y		17:30 – 19:30 Supervised Kids Zone □ Kids Zone Ages: 6Y-12Y		10:00 – 10:45 Pre-School Fundamentals: Sports & Movement ■ East Gymnasium Ages: 3Y-5Y	
17:15 – 19:30 Child Minding □ Studio A Ages: 2Y-6Y		17:15 – 19:30 Child Minding □ Studio A Ages: 2Y -6Y	17:30 – 18:15 Pre-School Active Play ■ West Gymnasium Ages: 3Y-5Y		10:00 – 10:45 Child Fundamentals: Sports & Movement ■ West Gymnasium Ages: 6Y-9Y	
18:00 – 18:45 Child & Pre-Teen Soccer ■ Gymnasium Ages: 6-12Y	18:15 – 19:15 Tae Kwon Do ■ Studio A Ages: 6Y+		17:30 – 18:15 Child & Pre-Teen Basketball ■ East Gymnasium Ages: 6Y-12Y		11:00 – 12:00 Family Active Play ◆ Gymnasium Ages: 6Y+	
16:00 – 18:00 Youth Open Gym ◆ Gymnasium Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ◆ Gymnasium Ages: 13Y-17Y		16:00 – 17:00 Youth Open Gym ◆ Gymnasium Ages: 13Y-17Y		12:30 – 14:00 Youth Open Gym ◆ Gymnasium Ages: 13Y-17Y	
18:00 – 20:00 Youth Zone ◆ Third floor Ages: 13Y-17Y		18:00 – 20:00 Youth Zone ◆ Third floor Ages: 13Y-17Y		18:00 – 20:00 Youth Zone ◆ Third floor Ages: 13Y-17Y		

Schedule is subject to change

To learn more about registering, visit ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/ or call or visit your local Y.

Session registrations can be made in person, by phone or online. To reserve your spot online, [log in to your account](#).

◆ **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.** 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.

Program Descriptions

Play Care | Ages: 2Y – 6Y

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. **Parents are encouraged to book ahead as drop off is not available for this session.**

Pre-School Active Play | Ages: 3Y – 5Y

A great way to play, preschoolers join Y Staff in activities each week that encourage play, movement and fun. From playing with the big parachute, to relay races, participants will have opportunities to develop friendships and learn new games to play with friends and family.

Registration is required.

Pre-School & Child Fundamentals: Sports & Movement | Ages: 3Y – 5Y & 6Y - 12Y

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, participants will be exposed to a variety of sports while learning how to make their bodies move and develop core skills for future sport. **Registration is required.**

Child Active Play | Ages: 6Y - 12Y

A great way to play, preschoolers and children alike join Y Staff in activities each week that encourage play, movement and fun. From playing with the big parachute, to relay races, participants will have opportunities to develop team work, leadership skills and learn new games to play with friends and family. **Registration is required.**

Child/Pre-Teen Soccer | Ages: 6Y-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. **Registration is required.**

Supervised Kid Zone | Ages: 6 – 12Y

A place where kids can run, jump, slide and play while being supervised by our CYF Staff. Socks required for entrance into Kid Zone. This is a bookable space – please book in advance. If not booked, parent supervision is required. Ages 6 and under – parent supervision required.

Family Active Play | Ages: 6+

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. Families can bring their own suggestions of games and staff will provide equipment and guidance on activities each week.

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

Take part in basketball skill development. Focus is on fun, participation, team work and fair play. This program is for players of all ages and abilities. Focus is on participation and fun. **Registration for Child & Pre-Teen is required.**

Youth Zone | Ages: 12Y – 17Y

Youth Zone is a hang out, play foosball, video games, board games and relax kind of space! You can do homework here, learn a new game or spend some time in a comfy spot reading a book. Bring friends or make new ones, this space is a safe space for youth to just be youth. Booking the space is required.

Tae Kwon Do – Beginner | 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.**

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.

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.