

Child, Youth and Family Schedule

June 2 - June 29, 2025

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

Thursday, June 5 18:15 – 19:15 Tae Kwon Do <input type="checkbox"/> Gymnasium Ages: 13Y+	Tuesday, June 10 16:30- 18:00 Pride Zone (Tie Dye) <input checked="" type="checkbox"/> 3rd floor Ages: All	Friday, June 20 16:15-18:45 Gym 'n Jam <input type="checkbox"/> 3rd floor/Gymnasium Ages: 10Y-12Y
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 – 16:00 Kids Zone <input checked="" type="checkbox"/> Kids Zone Ages: 1Y-12Y (Parent supervision required)	08:00 – 17:30 Kids Zone <input checked="" type="checkbox"/> Kids Zone Ages: 1Y-12Y (Parent supervision required)	08:00 – 16:00 Kids Zone <input checked="" type="checkbox"/> Kids Zone Ages: 1Y-12Y (Parent supervision required)	08:00 – 17:30 Kids Zone <input checked="" type="checkbox"/> Kids Zone Ages: 1Y-12Y (Parent supervision required)	08:00 – 16:00 Kids Zone <input checked="" type="checkbox"/> Kids Zone Ages: 1Y-12Y (Parent supervision required)	08:00 – 12:30 Kids Zone <input checked="" type="checkbox"/> Kids Zone Ages: 1Y-12Y (Parent supervision required)	08:00 – 12:30 Kids Zone <input checked="" type="checkbox"/> Kids Zone Ages: 1Y-12Y (Parent supervision required)
16:30-18:30 Gym and Swim <input type="checkbox"/> Gymnasium: 16:30-17:20, Pool: 17:40-18:30 Ages: 6Y-9Y					10:00-11:30 Family Open Gym <input checked="" type="checkbox"/> Gymnasium Ages: 6Y+	
	17:45 – 18:30 Pre-School Active Play <input type="checkbox"/> Gymnasium Ages: 3Y-5Y		18:15 – 18:45 Pre-School Games <input checked="" type="checkbox"/> Studio A Ages: 3Y-5Y			
17:15 – 19:30 Child Minding <input checked="" type="checkbox"/> Studio A Ages: 2Y-6Y	17:30 – 18:30 Supervised Kids Zone <input checked="" type="checkbox"/> Kids Zone Ages: 6Y-12	17:15-19:15 Pre-school Craft Time <input checked="" type="checkbox"/> Studio A Ages: 3Y-6Y	17:30 – 18:15 Child & Pre-teen Sports Variety <input type="checkbox"/> Gymnasium Ages: 6Y-12Y		11:30 – 13:00 Youth Open Gym <input checked="" type="checkbox"/> Gymnasium Ages: 13Y-17Y	
17:30 – 18:15 Child and Pre-Teen Sports Variety <input type="checkbox"/> Gymnasium Ages: 6Y-12Y		16:15 – 19:15 Supervised Kids Zone <input checked="" type="checkbox"/> Kids Zone Ages: 6Y-12Y			Birthday Parties Saturday Kids Zone 13:00-15:00 Sunday Gym 10:00-12:00 Sunday Kids Zone 13:00-15:00	
16:00 – 17:30 Youth Open Gym <input checked="" type="checkbox"/> Gymnasium Ages: 13Y-17Y	16:00 – 17:45 Youth Open Gym <input checked="" type="checkbox"/> Gymnasium Ages: 13Y-17Y	16:00 – 19:00 Youth Zone <input checked="" type="checkbox"/> Gymnasium Ages: 13Y-17Y	16:00 – 17:30 Youth Open Gym <input checked="" type="checkbox"/> Gymnasium Ages: 13Y-17Y	16:00-19:00 Y Youth Nights <input checked="" type="checkbox"/> 3rd floor/Gymnasium Ages: 13Y-17Y		

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.

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](#). Group Fitness Classes welcome members 13 years and over.

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 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. **Booking is required.**

Pre-School Games | Ages: 3Y – 5Y

Preschoolers will join our Y staff in a variety of fun games. Designed to promote learning and development in young children. These games often involve social interaction, problem-solving, and skill-building, making learning fun and engaging.

Pre-school Craft Time | Ages: 3Y – 5Y

Join a member of our CYF team making things with your very own hands. A different craft project each week for creative minds!

Gym and Swim | Ages: 6Y – 9Y

A fun opportunity to enjoy a Gym and Pool combination program with a variety of land and water activities. All participants must bring active footwear for the gym and a swimsuit and towel for the pool. Program consists of 50 minutes in the gym and 50 minutes in pool. Program leaders will transition group from the gym to the pool and supervise changing into swimsuits. Drop off in gym, pick up on pool deck. Parent/Caregiver participation is not required.

Supervised Kid Zone | Ages: 6Y – 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.

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

Every week will be a different sport focus. Y staff will monitor, and lead drills, activities and scrimmages. Soccer, Basketball, Volleyball, Hockey, Badminton and Pickleball. Establishing a foundation for healthy, Y active living. **Booking is required.**

Gym 'n Jam | Ages: 10Y – 12Y

Join us for an evening of basketball followed by a basketball movie (Space Jam). Y staff will start with basketball skills and games, then move on to the Youth Zone and watch bugs bunny do the same thing you just did. Popcorn included. **Booking 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 Zone | Ages: 13Y – 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.

Y Youth Nights | Ages: 13Y – 17Y

Friday night at the Y is youth night! 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.

Pride Zone | Ages: ALL

June is Pride Month. Come celebrate with us with and Tie Dye your own clothing/ materials to bring home. Learn facts about the history of Pride Month. LGBTQ+ and allies are welcome.

Tae Kwon Do | Ages: 13+

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. 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 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.