

Child, Youth and Family Schedule

September 8 -November 30, 2025

HOURS Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00
HOLIDAYS: October 11, 12, 13 – Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16:00 – 20:45 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)	16:00 – 18:30 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)	16:00 – 18:30 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)	16:00 – 20:45 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)	16:00 – 19:45 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)	08:00 – 12:45 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)	08:00 – 12:45 Kids Zone ♦ Kids Zone Ages: 1Y-12Y (Parent supervision required)
16:00 – 17:15 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	16:00 – 17:15 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	16:00 – 17:15 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	16:00 – 17:15 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y			
16:30 – 17:30 Youth Conditioning ■ Conditioning room Ages: 13Y-15Y	16:30-17:30 Kids Club □ Studio A Ages: 6Y-12Y	16:30 – 17:30 Youth Conditioning ■ Conditioning room Ages: 16Y-17Y	16:30-17:30 Kids Club □ Studio A Ages: 6Y-12Y	17:00-19:45 Family Movie Night □ 3rd Floor Ages: 6+	11:30 – 13:00 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	
17:30 – 19:30 Child Minding □ Studio A Ages: 2Y-6Y	17:30-18:30 Pre-School Craft Time □ Studio A Ages: 3Y-6Y	17:30 – 18:15 Pre-School Games □ Studio A Ages: 3Y-6Y	17:30-18:15 Pre-School Active Play ■ West Gymnasium Ages: 3Y-6Y		13:00-15:30 ♦ Youth Zone 3rd Floor Ages: 13Y-17Y	
17:30-19:30 Gym and Swim ■ Gymnasium: 17:30-18:25,, Pool: 18:35-19:30 Ages: 6Y-9Y	17:30 – 18:15 Child & Pre Teen Basketball ■ Gymnasium Ages: 6Y-12Y	17:30 – 18:15 Child & Pre Teen Soccer ■ Gymnasium Ages: 6Y-12Y	17:30 – 18:15 Child & Pre Teen Sports Variety ■ East Gymnasium Ages: 6Y-12Y			
*Drop off in Gym						
	18:30 – 19:30 Supervised Kids Zone □ Kids Zone Ages: 6Y-12Y	18:30 – 19:30 Supervised Kids Zone □ Kids Zone Ages: 6Y-12Y	18:30-19:30 Tae Kwon Do ■ Studio A Ages: 6Y-12Y			
					Birthday Parties Saturday Gym 10:00-12:00pm Saturday Kids Zone 13:00-15:00 Sunday Gym 10:00-12:00 Sunday Kids Zone 13:00-15:00 Sunday Pool Party 10:00-12:00	

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.** Session fee required for members and non-members. Note: Two free registered programs are included per session in a Y membership. Some exceptions apply. 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](#). Group Fitness Classes welcome members 13 years and over.

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

Child Minding | 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.

Pre-School Games | Ages: 3Y-6Y

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-6Y

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

Pre-School Active Play | Ages: 3Y-6Y

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.**

Kids Club | Ages: 6Y-12Y

We invite children to come and enjoy playing board games, build social and emotional skills all while making new friends.

Tae Kwon Do – Beginner | Ages: 6Y-12Y

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.**

Gym and Swim | Ages: 6Y-9Y

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 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. **Registration required.**

Child and Pre-Teen Soccer | Ages : 6Y-12Y

Take part in soccer skill development. Focus is on fun, participation, teamwork and fair play. Staff will lead children through warmups 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.**

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

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

Family Movie Night | Ages: 6Y+

Come enjoy a cozy and entertaining Family Movie Night at the YMCA! We'll be showing a variety of beloved **Disney movies** that the whole family will enjoy, from animated classics to modern favorites. It's a great opportunity to relax, connect with loved ones, and create special memories together. All ages are welcome. Wear your favorite pajamas, bring your blankets, and get ready for an evening full of fun, laughter, and Disney magic! **Popcorn Available.**

Sep 12: *The Incredibles*, Sep 19: *Toy Story*, Sep 26: *Luca*, Oct 3: *The Princess and the Frog*, Oct 10: *Ratatouille*, October 17: *Moana*, Oct 24: *The Emperor's New Groove*, Oct 31: NO CLASS, Nov 7: *Mulan*, Nov 14: *Turning Red*, Nov 21: *101 Dalmatians*, Nov 28: *Zootopia*