

Child, Youth and Family Schedule

March 23 - May 31, 2026

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

HOLIDAYS: April 3,4,5 (Easter), May 16,17,18 (Victoria Day) - No programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16:00 – 17:15 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	16:00 – 17:30 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	16:00 – 17:15 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y			10:00 – 12:00 Play & Go ● <i>Studio A/ Kids Zone</i> Ages: 6Y-9Y Members only	
			17:00 - 19:00 Gym and Swim ■ <i>Gymnasium/ Pool</i> Ages: 6Y-9Y and 9Y-12Y	17:00 - 19:45 Family Movie Night ♦ <i>Youth Zone</i> Ages: All		
17:30 – 18:15 Child & Pre-Teen Rugby ■ <i>Gymnasium</i> Ages: 6Y-12Y		17:30 – 18:15 Child & Pre-Teen Soccer ■ <i>Gymnasium</i> Ages: 6Y-12Y				
18:30 – 19:30 Supervised Kids Zone ♦ <i>Kids Zone</i> Ages: 6Y-12Y		18:30 – 19:30 Supervised Kids Zone ♦ <i>Kids Zone</i> Ages: 6Y-12Y				

Kid Zone (Parent Supervised)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00 12:00-14:30 16:00-18:30 19:30-20:45	8:00-9:00 12:00-14:30 16:00-20:45	8:00-9:00 12:00-14:30 16:00-18:30 19:30-20:45	8:00-9:00 12:00-14:30 16:00-20:45	8:00-9:00 12:00-14:30 16:00-19:45	8:00-11:00 14:00-15:45	8:00-12:45 14:00-15:45

Birthday Parties

Saturday Gym 10:00-12:00	Saturday Kids Zone 13:00-15:00	Sunday Gym 10:00-12:00	Sunday Pool Party 10:30-12:30	Sunday Kids Zone 13:00-15:00
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Schedule is subject to change

♦ **Drop-in activity.** Day pass fee required for non-members.

■ **Session registration required.** All group fitness classes are included in a Y membership. Session fee required for non-members. Session registrations can be made in person, by phone or online.

● **Reservation and additional fees required**

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

Gym and Swim | Ages: 6Y-9Y and 9Y-12Y

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.

Play & Go | Ages 6Y – 9Y

Need time to shop, run errands, or just enjoy a little break? Our Play & Go program offers a safe, fun, and supervised environment where parents can confidently leave their children while they take care of what they need to, child-free! Additional fee of \$15 per child for program. **Booking and fee 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 Rugby | Ages : 6Y-12Y

Introduce your child to the fun, fast-paced world of rugby in a safe and supportive environment! Our program is a recreational program designed for all skill levels aged 6 to 12, with a focus on fun, fitness, and fundamental skills. Whether your child is new to rugby or already loves the game, this program is perfect for building confidence, teamwork, and coordination, all while making new friends and forming a community at the YMCA. **Registration is 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.**

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.

Family Movie Night | Ages: All

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.**

Mar 27: *Frozen*, Apr 10: *Tarzan*, Apr 17: *Monster's Inc*, Apr 24: *Lilo & Stitch*, May 1: *Encanto*, May 8: *The Good Dinosaur*, May 22: *Elemental*, May 29: *Inside Out*

Kid Zone (Parent Supervised)

A fun-filled space where kids can run, jump, slide, and explore in a safe and exciting environment, with parents actively playing and supervising alongside them! Kid Zone encourages movement, imagination, and quality family time.

Please note: Socks are required for entry into Kid Zone.