

# Child, Youth and Family Schedule

June 29 – August 23, 2026

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

**HOLIDAYS:** July 1 – CLOSED August 3 – CLOSED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00-18:00 <b>Day Camp</b> □ Ages: 4Y-12Y	08:00-18:00 <b>Day Camp</b> □ Ages: 4Y-12Y	08:00-18:00 <b>Day Camp</b> □ Ages: 4Y-12Y	08:00-18:00 <b>Day Camp</b> □ Ages: 4Y-12Y	08:00-18:00 <b>Day Camp</b> □ Ages: 4Y-12Y	08:45 – 11:30 <b>Child Minding</b> □ Playcare Ages: 2Y-6Y	10:00-12:00 <b>BIRTHDAY PARTY</b> Gymnasium  Advanced booking required.
12:30-13:15 <b>Active Play</b> ■ Gymnasium B Ages: 3Y-12Y	12:30-13:15 <b>Active Play</b> ■ Gymnasium B Ages: 3Y-12Y	12:30-13:15 <b>Active Play</b> ■ Gymnasium B Ages: 3Y-12Y	12:30-13:15 <b>Active Play</b> ■ Gymnasium B Ages: 3Y-12Y		11:15-13:15 <b>BIRTHDAY PARTY</b> Gymnasium  Advanced booking required.	11:15 – 12:45 <b>Family Open Gym</b> ◆ Gymnasium Ages: 6+
12:30- 17:45 <b>Youth Open Gym</b> ◆ Gymnasium A Ages: 13Y-17Y	12:30- 17:45 <b>Youth Open Gym</b> ◆ Gymnasium A Ages: 13Y-17Y	12:30- 17:45 <b>Youth Open Gym</b> ◆ Gymnasium A Ages: 13Y-17Y	12:30- 16:45 <b>Youth Open Gym</b> ◆ Gymnasium A Ages: 13Y-17Y	12:30 – 17:45 <b>Youth Open Gym</b> ◆ Gymnasium Ages: 13Y-17Y	11:15 – 12:45 <b>Family Open Gym</b> ◆ Gymnasium Ages: 6+	13:00-15:00 <b>BIRTHDAY PARTY</b> Gymnasium  Advanced booking required.
18:00 – 18:45 <b>Child Indoor Soccer</b> ■ Gymnasium A Ages: 6Y-8Y			17:00-18:30 <b>Teen Volleyball</b> ■ Gymnasium A Ages: 13Y-17Y		11:15-13:15 <b>BIRTHDAY PARTY</b> Pool  Advanced booking required.	13:30 – 15:45 <b>Family Open Swim</b> ◆ Pool
18:00 – 18:45 <b>Pre-Teen Indoor Soccer</b> ■ Gymnasium B Ages: 9Y-12Y		18:00 – 18:45 <b>Child Basketball</b> ■ Gymnasium Ages: 6Y-8Y	17:15-19:15 <b>Gym &amp; Swim</b> Gymnasium B Ages:6Y-12Y	17:00 – 19:45 <b>Family Open Swim</b> ◆ Pool	14:00-16:00 <b>BIRTHDAY PARTY</b> DANCE - Studio  Advanced booking required.	13:00-15:00 <b>BIRTHDAY PARTY</b> Pool  Advanced booking required.
18:00- 18:30 <b>Youth Swimming Lessons</b> ■ Pool Ages: 13Y-17Y		18:00 – 18:45 <b>Pre-Teen Basketball</b> ■ Gymnasium Ages: 9Y-12Y		18:00-18:45 <b>Child &amp; Pre-Teen Indoor Soccer</b> ■ Gymnasium		
18:00- 20:00 <b>Child Minding</b> ◆ Ages: 2Y-6Y	18:00- 20:00 <b>Child Minding</b> ◆ Ages: 2Y-6Y	18:00- 20:00 <b>Child Minding</b> ◆ Ages: 2Y-6Y	18:00- 20:00 <b>Child Minding</b> ◆ Ages: 2Y-6Y			

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](http://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 10Y-12Y 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: 3Y – 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. **Registration is required.**

### Child and Pre-Teen Basketball

#### Ages: 6Y - 8Y / 9Y - 12Y

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

### Gym and Swim | Ages: 6Y – 12Y

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 on pool deck, pick up in the gym. Parent/Caregiver participation is not required. **Registration is required.**

### Youth Learn to Swim | Age: 13Y – 17Y

Learn the basic skills to be comfortable in the water. Participants will practice how to float with and without assistance, become comfortable entering and exiting the water, and learn the skills needed for developing strokes on the back and front such as breathing and surface support techniques. **Registration is required.**

### Teen Volleyball | Age: 13Y – 17Y

Join the in some volleyball skills and drills practice and as well as game time. A great introduction to the sport or a great way to get in some extra practice. All skill levels welcome, no prior experience necessary. **Registration is required.**

### Family Open Gym

#### Ages: 6Y +

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. Parent/guardian supervision required for children under 10Y, participation encouraged.

### 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 Pre-Teen Basketball

#### Ages: 6Y - 8Y / 9Y - 12Y

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

### Child / Pre-Teen Dance/HipHop

#### Ages: 6Y-8Y / 9Y-12Y / 12Y-15Y

A high energy, fun dance class that teaches fundamental movement skills and the basics of a variety of dance styles such as jazz, ballet, and hip hop. Children explore individual creativity and expand motor skill development. **Registration is required.**

### Child & Pre-Teen Indoor 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.**

### Birthday Parties | Dance | Gym | Pool

Creating a special day for your child couldn't be easier! Birthday parties at the Y give children the chance to play, have fun and celebrate the way they want to! **Advanced registration is required.**