



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
15:45 – 17:30 Youth Open Gym ◆ Gymnasium Ages: 13Y-17Y	16:45 - 17:30 Pre-School Active Play ■ Gymnasium Ages: 3Y-5Y	15:45 – 17:30 Youth Open Gym ◆ Gymnasium Ages: 13Y-17Y	15:45 – 17:30 Youth Open Gym ◆ Gymnasium Ages: 13Y-17Y	16:00 – 17:00 After School Swim ■ Pool Ages: 6Y-17Y	08:45 – 11:45 Child Minding □ Playcare Room Ages: 2Y-6Y	09:45 – 11:15 Family Basketball ◆= Gymnasium #1 Ages: 6Y+
17:15 - 18:15 Pre-Teen Swim Fit/ Teen Swim Fit ■ Pool Ages: 10Y-17Y	17:00 – 19:00 Child Minding □ Playcare Room Ages: 2Y-6Y	17:00 – 19:15 Preschool and Child Group Swimming Lessons ■ (See Aquatic Schedule for details)	17:00 – 19:00 Child Minding □ Playcare Room Ages: 2Y-6Y	17:00 – 18:00 Pre-Teen Hip Hop ■ Studio Ages: 9Y-12Y	09:30 – 12:00 Preschool and Child Group Swimming Lessons ■ (See Aquatic Schedule for details)	09:45 – 11:15 Family Pickleball ◆ Gymnasium #2 Ages: 6Y+
18:00 – 18:45 Child & Pre-Teen Soccer ■ Gymnasium Ages: 6Y-12Y		18:00 – 18:45 Child & Pre-Teen Basketball ■ Gymnasium Ages: 6Y-12Y		17:30 - 19:30 Pre-School Y Camp Express ■ Playcare Room & Gymnasium Ages: 3Y-5Y	10:00-10:45 Family Tae Kwon Do – Beginner ■ Studio Ages: 6Y+	11:30 – 13:30 Youth Open Gym ◆ Gymnasium Ages: 13-17Y
					10:45-11:45 Family Tae Kwon Do – Intermediate ■ Studio Ages: 6Y+	
17:00 – 19:00 Child Minding □ Playcare Room Ages: 2Y-6Y		19:00 – 19:45 Child & Pre-Teen Pickleball / Badminton ■ Gymnasium #1 Ages: 6Y-12Y		17:30 – 19:30 Y Camp Express ■ Conference Room Ages: 6Y -12Y	12:00 – 13:00 Family Badminton & Pickleball ◆ Gymnasium #1 & #2 Ages: 6Y+	
	18:00 – 19:00 Karate: Beginners (White and Yellow) ■ Gymnasium Ages: 6Y+		18:00 – 19:00 Karate: Beginners (White and Yellow) ■ Gymnasium Ages: 6Y+	18:00 – 19:45 Youth Night ◆ Gymnasium Ages: 13Y-17Y	12:00 – 12:45 Child Dance ■ Studio Ages: 6Y-8Y	
	19:00 – 20:00 Karate: Intermediate (Orange to Blue) ■ Gymnasium Ages: 9Y+		19:00 – 20:00 Karate: Intermediate (Orange to Blue) ■ Gymnasium Ages: 9Y+		13:00 – 14:00 Pre-Teen Dance ■ Studio Ages: 9Y-12Y	
	20:00 – 20:30 Karate: Advanced (Brown and Black) ■ Ages: 9Y+		20:00 – 20:30 Karate: Advanced (Brown and Black) ■ Gymnasium Ages: 9Y+		13:15 - 14:30 Youth Open Gym ◆ Gymnasium 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

Child/Pre-Teen/Family Pickleball | Ages: 6Y +

Pickleball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. This program is for players of all ages and abilities. Focus is on participation and fun. **Registration is required for some activities.**

Youth Open Gym & Family Open Gym | Ages: 6Y +

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.

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 / Pre-Teen Dance/Hip-Hop | Ages: 6Y-8Y / 9Y-12Y

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 Basketball | Ages: 6Y-8Y / 9Y-12Y

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

Child / Pre-Teen Soccer | Ages: 6Y-8Y / 9Y-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.

Karate – Beginner | Age: 6Y+

Fun and fitness for the whole family. This beginner Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. No experience required. **Registration is required.**

Karate – Intermediate/Advanced | Age: 9Y+

Fun and fitness for the whole family. This intermediate Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. Yellow belts and above. **Registration is required.**

Y Camp Express | Ages 6 – 12Y

The fun of summer camp all year long. Children take part in a range of traditional day camp activities such as sports, games and crafts as well as enjoying themed weeks and special events. Your child will explore hidden talents and develop friendships. **Registration is required.**

Family Tae Kwon Do – Beginner & Intermediate | 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.**

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.