

Child, Youth and Family Schedule

June 1 – 28, 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:45 – 17:45 Youth Open Gym Gymnasium A Ages: 13Y-17Y ◆	17:00 – 17:45 Preschool Active Play Gymnasium A Ages: 3Y-5Y ◆	15:45 – 17:45 Youth Open Gym Gymnasium A Ages: 13Y-17Y ◆		15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	08:45 – 11:30 Child Minding Playcare Room Ages: 3Y-6Y □	10:15 – 11:30 Family Basketball Gymnasium A Ages: 6Y+ ◆
18:00 – 18:45 Child Indoor Soccer Gymnasium A Ages: 6Y-8Y ◆	17:15 – 18:00 Craft Club Playcare Room Ages: 3Y-6Y ◆	18:00 – 18:45 Child Basketball Gymnasium A Ages: 6Y-8Y ◆	16:00 – 18:00 Gym & Swim Pool & Gymnasium A Ages: 6-12Y ◆	17:00 – 18:00 H2O Extreme Pool Ages: 6Y-12Y ◆	9:30-11:00 CR Hoops, Basketball League Gymnasium *Ending June 6th Ages: 7Y-14Y	10:15 – 11:30 Family Pickleball Gymnasium B Ages: 6Y+ ◆
18:00 – 18:45 Pre-Teen Indoor Soccer Gymnasium B Ages: 9Y-12Y ◆	17:30 – 18:15 Youth Swimming Lessons Pool Ages: 13Y-17Y ■	18:00 – 18:45 Pre-Teen Basketball Gymnasium B Ages: 9Y-12Y ◆	17:00 – 18:30 Teen Volleyball Gymnasium B Ages: 13Y-17Y ◆		12:00 – 12:45 Child Dance Studio Ages: 6Y-8Y ■	
18:30 – 19:15 Waterpolo Pool Ages: 13Y+ ◆	18:00 – 20:00 Y-Kids Game Club Conference Room Ages: 6Y-12Y ◆		18:00 – 20:00 Y-Kids Game Club Conference Room Ages: 6Y-12Y ◆	18:00 – 18:45 Child & Pre-Teen Indoor Soccer Gymnasium A Ages: 6Y-12Y ■	12:30 – 13:45 Family Soccer & Badminton Gymnasium Ages: 6+ ◆	
19:15 – 20:45 Teen Night Swim *Starting June 15 Pool Ages: 13Y-17Y ◆	18:00 – 20:00 Child Minding Playcare Room Ages: 3-6Y □	19:00 – 20:00 Child Minding Playcare Room Ages: 3Y-6Y □	18:00 – 20:00 Child Minding Playcare Room Ages: 3-6Y □	18:00 – 18:45 Child & Pre-Teen Badminton/Pickleball Gymnasium B Ages: 6Y-12Y ◆	13:00 – 14:00 Pre-Teen Dance Studio Ages: 9-12Y ■	
				19:00 – 19:45 Youth Sports Gymnasium Ages: 13Y-17Y ◆		

Schedule is subject to change.

Birthday Parties can be booked online, by phone or in-person at the front desk. Learn more at ymcaottawa.ca/birthday-parties

◆ **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.** 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.

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 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

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.**

H2O Extreme | Age: 6Y – 12Y

This program is pure fun! Children will have the opportunity to learn pool-based sports and games such as water polo, survival games and more. Prerequisite: Participants must be comfortable in deep water and should be able to swim a minimum of 25 meters continuously.

Child and Pre-Teen Badminton/Pickleball | Age: 6Y - 12Y

Participate in exercises to develop your badminton/pickleball skills and improvised games. The important thing is to participate and have fun.

Craft Club| Age: 3Y - 6Y

Join us in crafting fun. Each week brings a new crafting project adjustable to all skill levels. Participants will explore their creativity while learning fine motor skills through crafts and play.

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.

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.

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.

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.

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.

Water polo | Ages: 13Y +

Get to know the basic rules and technique of water polo. This program is perfect to learn a dynamic sport by using teamwork and strategy. This program is guided by our swim instructors. Strong swimming abilities is required, such as : 50m continuous swim and doing eggbeater for one minute.

Teen night Swim | Ages: 13Y – 17Y

This fun and welcoming environment is perfect to connect among teens. Get to play and enjoy the water.

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.

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 Sports| Ages: 13Y-17Y

Teens are welcome to hang out with friends and Y staff for different sports and activities each week.

Y-Kids Game Club| Ages 6Y – 12Y

Join our staff members and other kids from our YMCA in an evening full of board games, puzzles and physical activity. Learn how to play classic games like Chess, Checkers, Dominos, monopoly, along with a variety of new games from the YMCA's and Rockland Library's roster of board games. All the while staying active and moving in a variety of physical activities.