## FAMILY OPEN GYM

Come use our facility for your family activities including recreational games, sports, health and fitness. Our facilities equipment will be provided for family fun.

### Age: 1 year and up

**CARLINGWOOD Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 68049 | Su | 1:45- 2:45PM | Sep 11 | Classes: 15 | CM/IM/PM $0 | NM $107.25 |
| 68050 | Su | 1:45- 2:45PM | Jan 15 | Classes: 12 | CM/IM/PM $0 | NM $85.80 |

**RUDDY FAMILY Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 67820 | Sa-Su | 5:30- 6:30PM | Sep 10 | Classes: 30 | CM/IM/PM $0 | NM $107.25 |
| 67821 | Sa-Su | 5:30- 6:30PM | Jan 14 | Classes: 24 | CM/IM/PM $0 | NM $85.80 |

**TAGGART FAMILY Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 67535 | W | 4:00- 5:00PM | Sep 7 | Classes: 15 | CM/IM/PM $0 | NM $107.25 |
| 67569 | W | 4:00- 5:00PM | Jan 11 | Classes: 12 | CM/IM/PM $0 | NM $85.80 |

## JUNIOR KIDS CLUB

Join us for sports, crafts, drama and games. Workshops, movies, and special events are included in the fun.

### Age: 3 to 5 years

**CLARENCE-ROCKLAND Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 67655 | F | 6:30- 7:30PM | Sep 9 | Classes: 15 | CM/IM/PM $0 | NM $97.50 |
| 67658 | F | 6:30- 7:30PM | Jan 13 | Classes: 12 | CM/IM/PM $0 | NM $78 |

AGE 4 TO 9 YEARS

## Parents Night Out

Would you like to enjoy dinner at a nice restaurant, shopping without the kids or are you simply looking for some alone time? Reserve a Friday evening for yourself and at the same time reward your kids with a special night of games, sports, arts and crafts, movies and more. **Call today to reserve.**

**Available at the Carlingwood Y, Nepean Y, Ruddy Family Y and Taggart Family Y locations.**

## PRESCHOOL PLAY COMBO

Fun filled program that includes a mix of preschool music, dance, drama, sports, games and art.

### Age: 3 to 5 years

**TAGGART FAMILY Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 67249 | Tu, Th | 12:45- 3:15PM | Sep 6 | Classes: 30 | CM $150 | IM/PM $0 | NM $195 |
| 67876 | Tu, Th | 12:45- 3:15PM | Jan 10 | Classes: 24 | CM $120 | IM/PM $0 | NM $156 |

**RUDDY FAMILY Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 66910 | W | 9:30-11:30AM | Sep 7 | Classes: 15 | CM $150 | IM/PM $0 | NM $195 |
| 66940 | Th | 9:30-11:30AM | Sep 8 | Classes: 15 | CM $150 | IM/PM $0 | NM $195 |
| 67818 | F | 9:30-11:30AM | Sep 9 | Classes: 15 | CM $150 | IM/PM $0 | NM $195 |
| 66918 | W | 9:30-11:30AM | Jan 11 | Classes: 12 | CM $120 | IM/PM $0 | NM $156 |
| 66942 | Th | 9:30-11:30AM | Jan 12 | Classes: 12 | CM $120 | IM/PM $0 | NM $156 |
| 67819 | F | 9:30-11:30AM | Jan 13 | Classes: 12 | CM $120 | IM/PM $0 | NM $156 |

## PARENTED PRESCHOOL YOGA

A parent-child workshop that introduces your preschooler to the basic poses of yoga while encouraging balance, flexibility and range of motion. Learn how to help your children relax and stay healthy in a fun and encouraging environment.

### Age: 3 years and up

**CLARENCE-ROCKLAND Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 67652 | F | 10:45-11:45AM | Sep 9 | Classes: 6 | CM/IM/PM $0 | NM $39 |
| 67653 | F | 10:45-11:45AM | Oct 21 | Classes: 6 | CM/IM/PM $0 | NM $39 |
| 67649 | F | 10:45-11:45AM | Jan 13 | Classes: 6 | CM/IM/PM $0 | NM $39 |
| 67650 | F | 10:45-11:45AM | Feb 24 | Classes: 6 | CM/IM/PM $0 | NM $39 |

**TAGGART FAMILY Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 67541 | W | 5:00- 6:00PM | Sep 7 | Classes: 7 | CM/IM/PM $0 | NM $39 |
| 67580 | W | 5:00- 6:00PM | Jan 11 | Classes: 6 | CM/IM/PM $0 | NM $39 |
| 67581 | W | 5:00- 6:00PM | Feb 22 | Classes: 6 | CM/IM/PM $0 | NM $39 |

## PRESCHOOL - GYM AND SWIM

This program combines the fun of the gym and the pool for preschoolers ages 3 to 5. Children will enjoy movement and coordination development in our gym and a L'il Dippers swim lesson in our pool.

### Age: 3 to 5 years

**CARLINGWOOD Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 66484 | Th | 12:30- 1:45PM | Sep 8 | Classes: 15 | CM $105 | IM/PM $0 | NM $136.50 |
| 66610 | Th | 12:30- 1:45PM | Jan 12 | Classes: 12 | CM $84 | IM/PM $0 | NM $109.20 |

**CLARENCE-ROCKLAND Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 67422 | Th | 9:00-10:25AM | Sep 8 | Classes: 15 | CM $105 | IM/PM $0 | NM $136.50 |
| 67517 | Th | 9:00-10:25AM | Jan 12 | Classes: 12 | CM $84 | IM/PM $0 | NM $109.20 |

**RUDDY FAMILY Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 66696 | W | 1:00- 2:15PM | Sep 7 | Classes: 15 | CM $105 | IM/PM $0 | NM $136.50 |
| 67067 | W | 1:00- 2:15PM | Jan 11 | Classes: 12 | CM $84 | IM/PM $0 | NM $109.20 |

**TAGGART FAMILY Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 67539 | W | 1:00- 2:30PM | Sep 7 | Classes: 15 | CM $105 | IM/PM $0 | NM $136.50 |
| 67998 | F | 1:00-2:30PM | Sep 9 | Classes: 15 | CM $105 | IM/PM $0 | NM $136.50 |
| 67579 | W | 1:00- 2:30PM | Jan 11 | Classes: 12 | CM $84 | IM/PM $0 | NM $109.20 |
| 67997 | F | 1:00-2:30PM | Jan 9 | Classes: 12 | CM $84 | IM/PM $0 | NM $109.20 |

CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member

## PRESCHOOL - GYM

Focus on movement and coordination development through active play, games and sports.

### Age: 3 to 5 years

**CARLINGWOOD Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 66480 | Tu | 11:30-12:15PM | Sep 6 | Classes: 15 | CM $75 | IM/PM $0 | NM $97.50 |
| 66481 | Sa | 12:30- 1:15AM | Sep 10 | Classes: 15 | CM $75 | IM/PM $0 | NM $97.50 |
| 66599 | Tu | 11:30-12:15PM | Jan 10 | Classes: 12 | CM $60 | IM/PM $0 | NM $78 |
| 66602 | Sa | 12:30- 1:15PM | Jan 14 | Classes: 12 | CM $60 | IM/PM $0 | NM $78 |

**CLARENCE-ROCKLAND Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 67647 | Sa | 9:15-10:00AM | Sep 10 | Classes: 15 | CM $75 | IM/PM $0 | NM $97.50 |
| 67648 | Sa | 9:15-10:00AM | Jan 14 | Classes: 12 | CM $60 | IM/PM $0 | NM $78 |

## ACTIVE START

A joint program with Special Olympics Canada. This program provides specific training and educational opportunities for children with an intellectual disability and their families. The program will include basic motor skills, developmentally appropriate play, physical, social and cognitive development opportunities.

### Age: 2 to 6 years

**RUDDY FAMILY Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 67054 | Su | 10:00-11:00AM | Sep 25 | Classes: 12 | CM/ IM/PM $108 | NM $144 |
| 67055 | Su | 10:00-11:00AM | Jan 22 | Classes: 12 | CM/ IM/PM $108 | NM $144 |

## PRESCHOOL DRIBBLERS

Skills, drills and games! Join us in the gym for this beginner's basketball program. Drop In Program, no registration required!

### Age: 3 to 5 years

**CARLINGWOOD Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 66525 | W | 3:15- 4:00PM | Jan 11 | Classes: 12 | CM/IM/PM $0 | NM $78 |

**TAGGART FAMILY Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 67559 | Sa | 12:30- 1:30PM | Sep 10 | Classes: 15 | CM/IM/PM $0 | NM $97.50 |
| 67590 | Sa | 12:30- 1:30PM | Jan 14 | Classes: 12 | CM/IM/PM $0 | NM $78 |

## PRESCHOOL EXPRESSIONS

Encourage creativity through drama, art and movement. Ignite your child's imagination through hands on activities.

### Age: 3 to 5 years

**CARLINGWOOD Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 66483 | Sa | 11:30-12:15PM | Sep 10 | Classes: 15 | CM $75 | IM/PM $0 | NM $97.50 |
| 66609 | Sa | 11:30-12:15PM | Jan 14 | Classes: 12 | CM $60 | IM/PM $0 | NM $78 |

**CLARENCE-ROCKLAND Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 67644 | Tu | 9:30-10:15AM | Sep 6 | Classes: 15 | CM $75 | IM/PM $0 | NM $97.50 |
| 67646 | Tu | 9:30-10:15AM | Jan 10 | Classes: 12 | CM $60 | IM/PM $0 | NM $78 |

**RUDDY FAMILY Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 66883 | Tu | 6:00- 6:45PM | Sep 6 | Classes: 15 | CM $75 | IM/PM $0 | NM $97.50 |
| 67645 | Tu | 6:00- 6:45PM | Jan 10 | Classes: 12 | CM $60 | IM/PM $0 | NM $78 |

## BEFORE AND AFTER SCHOOL CARE PROGRAMS

Before and After School Care Programs offered by the National Capital Region YMCA-YWCA are recreation-based. In addition to staff-led sports, activities and games, our programs include snack time, homework help and independent play.

All of our Before and After School Care Programs incorporate the Catch Kids Club (Coordinated Approach To Child Health), a program that promotes healthy nutrition and physical activity.

## PROGRAMS OFFERED ON-SITE

Contact the Coordinator, Before and After School Care Programs at 613.237.1320 ext. 4049 for more information.

| SCHOOL | BEFORE | AFTER | GRADE |
|---|---|---|---|
| **Briar Green Public School** | | • | JK to grade 6 |
| **Cambridge Public School** | • | | K to grade 6 |
| **Castlefrank Public School** | | • | JK to grade 6 |
| **Centennial Public School** | | • | K to grade 6 |
| **Connaught Public School** | | • | Grade 1 to 6 |
| **Good Shepherd Catholic School** | • | • | Grade 1 to 6 |
| **John Young Elementary School** | • | • | JK to grade 6 |
| **Katimavik Elementary School** | | • | JK to grade 6 |
| **Leslie Park Public School** | | • | JK to grade 6 |
| **Our Lady of Fatima Catholic School** | | • | Grade 1 to 6 |
| **St. Anthony Catholic School** | | • | Grade 1 to 6 |
| **Viscount Public School** | | • | JK to grade 6 |
| **Woodroffe Avenue Public School** | | • | JK to grade 6 |

## PROGRAMS AT THE RUDDY FAMILY Y

Contact the Coordinator, Ruddy Family Y Child Care at 613.830.4199 ext. 19 for more information.

| | |
|---|---|
| **Dunning-Foubert Elementary School** | Grade 1 to 6 |
| **Our Lady of Wisdom Catholic School** | Grade 1 to 6 |

The current fee for the Before School Care Program (2011-2012 school year) is $175 and the current fee for the After School Care Program (2010-2011 school year) is $175. A 10% discount is available to Y members.

## PROGRAMS AT THE TAGGART FAMILY Y

School Age Programs at the Taggart Family Y operate under the Licensed Child Care Program of the National Capital Region YMCA-YWCA. Contact the Supervisor, School Age Child Care at 613.237.1320 ext. 5112 for more information and for licensed child care pricing.

| | |
|---|---|
| **Corpus Christi Catholic School** | JK to grade 4 |
| **Elgin St Public School** | JK to grade 4 |
| **First Avenue Public School** | JK to grade 4 |
| **Lady Evelyn Alternative School** | JK to grade 4 |
| **Mutchmor Public School** | JK to grade 4 |

At the National Capital Region YMCA-YWCA, we support families who need financial assistance to help with their child care fees. If you would like to apply for financial assistance, please ask about our sponsorship program when you call, or at the time of registration.

CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member

## PRESCHOOL DANCE

Preschoolers can jump, turn, wiggle and skip to a variety of movement and music that will keep them active, healthy and happy.

### Age: 3 to 5 years

**CARLINGWOOD Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 66538 | F | 11:15-12:00PM | Sep 9 | Classes: 15 | CM $75 | IM/PM $0 | NM $97.50 |
| 66537 | Tu | 3:30- 4:15PM | Sep 13 | Classes: 14 | CM $65 | IM/PM $0 | NM $84.50 |
| 66593 | Tu | 3:30- 4:15PM | Jan 10 | Classes: 12 | CM $60 | IM/PM $0 | NM $78 |
| 66595 | F | 11:15-12:00PM | Jan 13 | Classes: 12 | CM $60 | IM/PM $0 | NM $78 |

## PRESCHOOL FLOOR HOCKEY

Learn to shoot, pass and score! Drills, skills and play in a non-competitive environment. Drop In Program, no registration required!

### Age: 3 to 5 years

**CARLINGWOOD Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 66488 | W | 3:15- 4:00PM | Sep 7 | Classes: 15 | CM/IM/PM $0 | NM $97.50 |

**TAGGART FAMILY Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 67544 | Th | 4:00- 4:45PM | Sep 8 | Classes: 15 | CM/IM/PM $0 | NM $97.50 |
| 67583 | Th | 4:00- 4:45PM | Jan 12 | Classes: 12 | CM/IM/PM $0 | NM $78 |

## PRESCHOOL SCIENTISTS

Children have a natural curiosity that drives them to investigate. Allow them to explore through all types of science activities.

### Age: 3 to 5 years

**CARLINGWOOD Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 66482 | Th | 11:30-12:15PM | Sep 8 | Classes: 15 | CM $75 | IM/PM $0 | NM $97.50 |
| 66607 | Th | 11:30-12:15PM | Jan 12 | Classes: 12 | CM $60 | IM/PM $0 | NM $78 |

**RUDDY FAMILY Y**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 66951 | Th | 6:00- 6:45 PM | Sep 6 | Classes: 15 | CM $75 | IM/PM $0 | NM $97.50 |
| 66952 | Th | 6:00- 6:45PM | Jan 12 | Classes: 12 | CM $60 | IM/PM $0 | NM $78 |

## PRESCHOOL SOCCER

Learn all the basic soccer skills through drills and team play in this non-competitive envrionment.

### Age: 3 to 5 years

**CLARENCE-ROCKLAND Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 67639 | Sa | 10:15-11:00AM | Sep 10 | Classes: 15 | CM/IM/PM $0 | NM $97.50 |

**TAGGART FAMILY Y**

| | | | | | | |
|---|---|---|---|---|---|---|
| 67245 | M | 4:00- 5:00PM | Sep 12 | Classes: 14 | CM/IM/PM $0 | NM $84.50 |
| 67564 | M | 4:00- 5:00PM | Jan 9 | Classes: 12 | CM/IM/PM $0 | NM $78 |

AGE 4 TO 6 YEARS

# KinderKids

KinderKids is a non-licensed, half-day recreational program that helps to bridge the gap between Kindergarten school hours and the beginning or end of your work day. This values-based program is a place where children can learn, play and grow.

KinderKids is offered Monday to Friday with a morning (9:30 am – 12:15 pm) or afternoon (12:15 pm – 3:00 pm) option. Your choice of:

| TWO DAYS | THREE DAYS | FIVE DAYS |
|---|---|---|
| $145/month | $205/month | $330/month |

Morning and mid-morning care is available and provides care until the KinderKids program begins, as well as drop off/pick up of your child at Woodroffe Elementary School. After School Care Program also available between 3:00 pm and 6:00 pm.

A 10% discount is available to Y members. Additional fees apply to extended care options.

**To register or for more information, please contact the Children Youth and Family Coordinator at the Carlingwood Y, 613.729.7131 ext 102.**

AGE 2 TO 7 YEARS

# Drop & Shop

## MINIPORT AT PLACE D'ORLEANS

Operated by the YMCA-YWCA, the Mini Port is a safe and secure play area where children (ages two to seven years) can hide in tunnels, climb on bridges, and have a great time! We also offer drop-off service where you can leave your kids and shop for a small fee.

**Monday to Friday**.....9:30 am to 12:00 pm
**Saturday**.....9:30 am to 12:00 pm
**Sunday**.....12:00 pm to 4:00 pm

For more information please call 613.834.8631.

## PORT PIZZAZZ AT BAYSHORE SHOPPING CENTRE

Operated by the YMCA-YWCA, Port Pizzazz is a wonderful place to bring your kids (ages two-and-a-half to seven years) when they need some entertainment and you need some shopping time. For every $75 you spend in the Bayshore Shopping Centre, you will receive a coupon for ONE FREE HOUR at Port Pizzazz. Please note all children must be potty trained.

**Monday to Saturday**..... 9:00 am to 8:00 pm
**Sunday**.....10:00 am to 6:00 pm

For more information, please visit Guest Services located on the first level or call 613.721.0319.

CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member