



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

FAMILY BADMINTON- RECREATIONAL

This program is offered to families. Racquets and shuttles are available to borrow; having your own is an asset. Court play is limited to 20 minutes at a time if other participants are waiting to play.

Age: 9 years and up

RUDDY FAMILY Y

67060	Su	12:00- 2:00PM	Sep 11	Classes: 15	CM/IM/PM \$0	NM \$97.50
67677	Su	12:00- 2:00PM	Jan 15	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.

FAMILY ZUMBA

Zumba is a fusion of Latin and international music-dance themes creating a dynamic and effective fitness system. This session will review some basic rhythms that the whole family can participate.

Age: 6 years and up

CARLINGWOOD Y

66495	Sa	10:15-11:15AM	Sep 17	Classes: 15	CM \$75	IM/PM \$0	NM \$97.50
66498	Sa	10:15-11:15AM	Jan 14	Classes: 12	CM \$60	IM/PM \$0	NM \$78

RUDDY FAMILY Y

67984	We	5:15-6:15PM	Jan 11	Classes: 6	CM \$30	IM/PM \$0	NM \$39
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FAMILY YOGA

Move your body through a series of seated and standing postures designed to increase flexibility, balance and range of motion. The whole family can be involved.

Age: 6 years and up

CARLINGWOOD Y

66502	Su	10:15- 11:15AM	Oct 16	Classes: 6	CM \$30	IM/PM \$0	NM \$39
66503	Su	10:15- 11:15AM	Jan 15	Classes: 6	CM \$30	IM/PM \$0	NM \$39

RUDDY FAMILY Y

66807	Sa	11:00- 12:00PM	Sep 10	Classes: 6	CM \$30	IM/PM \$0	NM \$39
67750	Sa	11:00- 12:00PM	Jan 7	Classes: 6	CM \$30	IM/PM \$0	NM \$39

MOTHER AND DAUGHTER DANCE EXPRESSIONS

Spend some quality time while learning and being physically active to Zumba, Belly Dancing, Yoga, Salsa and much more!

Age: 6 years and up

TAGGART FAMILY Y

67251	Tu	4:30- 5:30PM	Sep 6	Classes: 15	CM \$82.50	IM/PM \$0	NM \$107.25
67566	Tu	4:30- 5:30PM	Jan 10	Classes: 12	CM \$66	IM/PM \$0	NM \$85.80

FAMILY TAE KWON DO - BEGINNER COURSE

Explore your potential with Tae E Lee Tae Kwon Do. This introductory course is for beginner children, teens, adults or families. No experience required. Benefits include increased self-confidence, discipline, focus, concentration, improved fitness, coordination and overall well being. Tae E Lee Tae Kwon Do is an official World Tae Kwon Do Federation program.

Age: 6 years and up

CARLINGWOOD Y

66493	Su	11:30-12:30PM	Sep 11	Classes: 15	CM \$75	IM/PM \$0	NM \$97.50
66897	Su	11:30-12:30PM	Jan 15	Classes: 12	CM \$60	IM/PM \$0	NM \$78

CLARENCE-ROCKLAND Y

67664	W	6:00- 7:00PM	Sep 7	Classes: 15	CM \$75	IM/PM \$0	NM \$97.50
67665	W	6:00- 7:00PM	Jan 11	Classes: 12	CM \$60	IM/PM \$0	NM \$78

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

FAMILY TAE KWON DO - INTERMEDIATE/ADVANCED

Explore your potential with Tae E Lee Tae Kwon Do. Benefits include increased self-confidence, discipline, focus, concentration, improved fitness, coordination and overall well being. Tae E Lee Tae Kwon Do is an official World Tae Kwon Do Federation program. Yellow, orange and green belts (Intermediate). Blue belts and above (Advanced).

Age: 6 years and up

CARLINGWOOD Y

66494	Su	12:30- 1:30PM	Sep 11	Classes: 15	CM \$75	IM/PM \$0	NM \$97.50
66899	Su	12:30- 1:30PM	Jan 15	Classes: 12	CM \$60	IM/PM \$0	NM \$78

CLARENCE-ROCKLAND Y

67667	W	7:00- 8:00PM	Sep 7	Classes: 15	CM \$75	IM/PM \$0	NM \$97.50
67666	W	7:00- 8:00PM	Jan 11	Classes: 12	CM \$60	IM/PM \$0	NM \$78

FAMILY KARATE

For the whole family. Students learn respect, self-discipline, self-defense techniques and become more active.

Age: 7 years and up

RUDDY FAMILY Y

66880	Tu, Sa	6:00- 7:30PM	Sep 6	Classes: 30	CM \$225	IM/PM \$0	NM \$292.50
67675	Tu, Sa	6:00- 7:30PM	Jan 10	Classes: 24	CM \$180	IM/PM \$0	NM \$234



Get Outside and Play!

Join us at the Bonnenfant Y Outdoor Education and Leadership Centre (BYOC) this Fall and Winter!

Located just 25 minutes from downtown Ottawa, the BYOC has recently been renovated and expanded.

Come and visit us this Fall and Winter to check out the upgrades and take part in new programs like:

- Fall Canoe Clinics
- Introduction to X-Country Ski – Skate and Classic Clinics
- Introduction to Snowshoeing Clinics
- Family Day Winter Sleepover Camp

For more information on our Fall and Winter programs at BYOC, please contact the Camp office at 613.832.1234



**Bonnenfant Y
Outdoor Education
and Leadership Centre**

PRIVATE/SEMI-PRIVATE SWIMMING LESSONS

ALL AGES

Private and Semi-Private swim lessons are designed to meet individual needs and abilities and are ideal for conquering fear of water, skill development and stroke technique improvement. Private and Semi-Private lessons can be tailored to suit your specific needs and are available for both adults and children. For centre specific course information, please contact your local Y Aquatics Coordinator.

PRIVATE LESSON (30 minutes) CM/IM/PM \$20 NM \$25

SEMI-PRIVATE LESSON (30 minutes) CM/IM/PM \$13 NM \$18