



# Child, Youth and Family Schedule

September 27 – December 17, 2021

Taggart Family Y  
180 Argyle Ave.  
Ottawa, ON  
(613) 237-1320

**Our services and programs are currently impacted by COVID-19 protocols.**

Please visit the Reopening Strategy section on our website to read about restrictions and FAQs.

**Some programs/classes require pre-booking and/or registration.**

MONDAY 7AM-7PM	TUESDAY 7AM-7PM	WEDNESDAY 7AM-7PM	THURSDAY 7AM-7PM	FRIDAY 7AM-7PM	SATURDAY 9AM-3PM	SUNDAY
	Child Minding 8:45AM-12PM		Child Minding 8:45AM-12PM		Child Active Play* 10:30AM-11:30AM	CLOSED
					Pre-Teen Active Play* 10:30AM-11:30AM	
Y Kids Club After School Program* 2:30PM-5:30PM	Y Kids Club After School Program* 2:30PM-5:30PM	Y Kids Club After School Program* 2:30PM-5:30PM	Y Kids Club After School Program* 2:30PM-5:30PM	Y Kids Club After School Program* 2:30PM-5:30PM	Teen Zone 12PM-3PM	
Teen Zone 3PM-7PM	Teen Zone 3PM-7PM	Teen Zone 3PM-7PM	Teen Zone 3PM-7PM			
Youth Fitness 4PM-4:45PM		Youth Fitness 4PM-4:45PM				
	Child Active Play* 5:45PM-6:45PM		Child Active Play* 5:45PM-6:45PM			
	Pre-Teen Active Play* 5:45PM-6:45PM		Pre-Teen Active Play* 5:45PM-6:45PM			

Drop In/Bookable programs start Sept. 7 | \*Registered programs and Y Kids Club start Sept. 27  
**Note:** Classes will not run on Thanksgiving Day (Monday October 11). Schedule is subject to change.

9/7/2021

[ymcaywca.ca](http://ymcaywca.ca)

Drop-in program: Pre-booking required.  
 \*Registered program: Registration required.

**YMCA-YWCA of the National Capital Region**

# Program Descriptions

## **Child Minding (Ages: 6 weeks to 7 years)**

Child minding is a service we offer while you enjoy our Y facilities and programs. Our caring, creative, fun and professional staff are here to make sure that your child's time at the Y is as much fun as yours. Children spend their time engaged in supervised play, arts and crafts, reading stories and much more. **Pre-booking is required.**

## **Y Kids Club After School Program (Grade 1 to Grade 6)**

Y Kids Club is a recreational after school program that bridges the gap between a child's school day and parents' work day. Taking place after school, Y Kids Club programs are recreation-based; in addition to staff-led sports, activities and games, our programs include snack time, a reading club, homework help, and independent play. **Registration is required.**

## **Child Active Play (Ages: 6Y-8Y)**

A fun introduction to active play that develops the ABC's of movement – Agility, Balance and Coordination. Building on fundamental movement skills such as running, jumping and throwing, children will be exposed to a variety of sports while learning that physical activity is an exciting part of everyday life. **Registration is required.**

## **Pre-Teen Active Play (Ages: 9Y-12Y)**

This program will emphasize the use of fundamental movement skills. Pre-Teens will be exposed to a variety of traditional and unique sports and will put sport specific drills and skills to practice during organized games. Participants will develop skills that are the building blocks for success in sport and life-long enjoyment of physical activity. **Registration is required.**

## **Teen Zone (Ages: 13Y-17Y)**

Teen Zone is a supervised space where teens can come together and have fun in a fun and safe, supportive environment. Teens will have the opportunity to participate in a variety of activities ranging from sports, fitness, arts, board games, and special events.

## **Youth Fitness (Ages: 13Y-17Y)**

Join us to take your fitness to a new level. Youth will have the opportunity to try a variety of fitness classes with a different focus each week. **Pre-booking is required.**

## **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 unattended. 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.