



REGISTERED PROGRAMS

Fall Session

September 7 - December 17, 2021



REGISTRATION OPENS:

Fitness Programs August 31, 2021

Child and Pre-Teen Programs September 13, 2021

Welcome to the Y!

At the YMCA-YWCA of the National Capital Region, we're proud to offer the community and our members programs that provide opportunities for you and your family to meet friends and strengthen family bonds, while focusing on your health and wellness.

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How to Register



Online

You can register for programs by visiting ymcaywca.ca



By phone

You can register for programs by calling 613-237-1320.



In person

You can register for programs in person at the Taggart Family Y.

Our programs are open to all; a Y membership is not required in order to participate.

Registrations are accepted on a first-come, first-served basis and are subject to availability. Full payment is required upon registration.

The Y reserves the right to cancel, postpone or combine classes based on enrolment. Refunds or account credits will be issued where applicable.

Classes that fall on statutory holidays will not run; fees are prorated accordingly.

METHODS OF PAYMENT

Methods of payment include VISA, MasterCard and American Express. Cash, cheque and Interac options available for registrations made in person.

PROGRAM REFUNDS AND TRANSFERS

Requests for refunds must be made in writing – by mail, email. The course/ camp fee per session, less 25% will be refunded if cancellation occurs with a minimum of two weeks' notice prior to the start of the program/camp. There is no fee for transfers between sessions. All transfers must be completed at least two weeks prior to the session start date. No refunds are offered with less than two weeks notice. There are no refunds for children who are asked to leave a course/camp due to behavioural issues.

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.

For increased safety in our aquatic facilities, all swimmers between the ages of 7-11, who wish to swim in the deep end, must complete a brief swim test prior to entering the deep end.

To learn more about the Y's facility access guidelines, please visit ymcaywca.ca or call your local Y.



Aquatics Programs



Swim Lessons

T Taggart Family Y | Programs start September 27, 2021

PRIVATE SWIM LESSONS

ALL AGES

Participants will work one-on-one with a Y Swim Instructor to assess and improve skills. These lessons are designed to meet individual needs and abilities, and can cover anything from stroke improvement to training tips.

LOCATIONS



COST

Private Lesson (30 min)

Starting from: **Member** \$25 | **Non-Member** \$35

Semi-Private Lesson (30 min)

Starting from: **Member** \$20 | **Non-Member** \$30

For more information or to register, please contact your local Y.





Specialty Programs

T Taggart Family Y | Programs start September 27, 2021

MASTERS SWIM TEAM*

AGE: 18Y+

Masters Swim Team is a competitive swim club. Join and participate in recreational swims, a structured practice environment, competitive swim meets, clinics, and socials. It is a great way to improve your fitness and swimming techniques. Prerequisite: The ability to swim 20 consecutive laps (500 meters), and swim 3 out of the 4 major strokes (butterfly, backstroke, breaststroke and freestyle). Competition is not mandatory.

All Masters Swim Team members must hold a valid Y membership. Participants can choose to pay an annual fee, or a semi-annual fee.

For more information or to register, please contact the Taggart Family Y.

LOCATIONS



COST

FALL SESSION FEES

September 27- December 17, 2021

Mondays	\$.75
Wednesday	\$.75
Fridays	\$.75

*Masters Swim Courses are not included as part of Y Membership fees. Additional fees apply.





Child, Youth and Family Programs



Physical Literacy and Y Programs

SETTING THE FOUNDATION FOR DEVELOPING PHYSICAL LITERACY

The YMCA-YWCA of the National Capital Region is a second home for children – a safe place to have fun, explore and meet new friends.

Our programs have been created with your child in mind to foster healthy development, grow imaginations and encourage learning in an inclusive environment.

The Y understands that physical literacy is an important part of a child's healthy development, and that children who have fun playing a sport and acquire fundamental movement skills at an early age are more likely to stay active and maintain healthy habits in adulthood.

Aligned with the Canadian Sport for Life's Long Term Athlete Development Framework, all Y programs give kids an opportunity to develop, practice and improve their physical literacy skills, so they will have the confidence and competence to belong, grow and thrive as they become "Active for Life".



These first 3 stages set the foundation for developing physical literacy. ▼

1

Active Start Ages: 0Y-5Y

Learn basic movement skills and link them together into play. Develop habits towards being active.

2

FUNDamentals Ages: 6Y-8Y

Learn basic movement skills and link them together into play. Develop habits towards being active.

3

Learn to Train Ages: 9Y-12Y

Transition to high performance for those with the appropriate skills and motivation.

Active for Life

Participants who have developed physical literacy can transition smoothly into lifelong activity and participation in sport.



School Year Camps at a Glance

Age: 4Y-12Y

T Taggart Family Y | Programs start September 27, 2021

PA Day Camp

Age: 4Y-12Y

Offered during all school board PA days, this camp program at your local Y will keep kids having fun all day long! Children will enjoy a full day of games, sports, outdoor play and more.

PA Day Camp operates from 9AM-4PM. Pre-Care (7AM-9AM) and Post-Care (4PM-6PM) is available for an additional fee.

PA DAY	SCHOOL BOARD
Nov 12, 2021	OCDSB, OCSB
Nov 19, 2021	CEPEO, CECCE, CSDCEO
Nov 26, 2021	OCDSB, CDSBEO

Subject to change. Please verify your school's PA day schedule.

LOCATIONS



COST

Member \$42.30/day
Non-Member \$47/day





Child Programs

Age: 6Y-8Y

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CHILD ACTIVE PLAY

AGE: 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.

LOCATIONS



COST

Starting from: **Member** \$81.68 | **Non-Member** \$90.75



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Pre-Teen Programs

Age: 9Y-12Y

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PRE-TEEN ACTIVE PLAY

AGE: 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.

LOCATIONS



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Adult Programs

ZUMBA®

AGE: 13Y+

A fusion of Latin and international music dance themes creating a dynamic and effective fitness workout. A one of a kind workout moving you in ways you never imagined!

LOCATIONS



COST

Starting from: **Member** \$89.10 | **Non-Member** \$99



YOGA

AGE: 13Y+

Move your body through a series of postures designed to increase flexibility, strength, balance and range of motion. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

LOCATIONS



COST

Starting from: **Member** \$89.10 | **Non-Member** \$99

POWER YOGA

AGE: 13Y+

An energetic and dynamic Yoga practice that has participants flowing quickly through more challenging traditional poses. The focus of Power Yoga is on building strength rather than flexibility. Previous Yoga experience is recommended.

LOCATIONS



COST

Starting from: **Member** \$89.10 | **Non-Member** \$99