



Child, Youth and Family Schedule

November 1 – December 17, 2021

Clarence-Rockland Y
1-1525 Du Parc Ave.
Rockland, ON
(613) 446-7679

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.

| MONDAY 7AM-7PM | TUESDAY 7AM-7PM | WEDNESDAY 7AM-7PM | THURSDAY 7AM-7PM | FRIDAY 7AM-7PM | SATURDAY 9AM-3PM | SUNDAY |
|--------------------------------------|--------------------------------------|---|--------------------------------------|--------------------------------------|--|--------|
| | Child Minding 9AM-12PM | | Child Minding 9AM-12PM | | Child Minding 9AM-11AM | CLOSED |
| | | | | | Holiday Expressions Workshop (Nov 27, Dec 11) 10AM-11:30AM | |
| Youth Recreational Sports 4PM-6PM | Youth Recreational Sports 4PM-6PM | Youth Recreational Sports 4PM-5:30PM | Youth Recreational Sports 4PM-6PM | Youth Recreational Sports 4PM-6PM | Youth Recreational Sports 12PM-3PM | |
| | | Child Active Play* 5:45PM-6:45PM | | | | |
| | | Pre-Teen Active Play* 5:45PM-6:45PM | | | | |
| | | | | | | |

Schedule is subject to change.

11/5/2021

ymcaywca.ca

Drop-in program: No registration 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.**

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.**

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.