



# Child, Youth and Family Schedule

September 6 to December 18, 2022

**FACILITY HOURS** – Mon-Fri: 6:30AM - 8:00PM | Sat-Sun: 9:00AM - 3:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00AM - 11:30AM Child Minding ● (Ages: 2Y-6Y) <i>Starts week of Sep. 19</i>	
4:00PM - 6:00PM Youth Volleyball ● (Ages: 13Y-17Y) Gymnasium #1 <i>Starts week of Sep. 19</i>	4:00PM - 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM - 5:00PM Youth Badminton ● (Ages: 13Y-17Y) Gymnasium #1 <i>Starts week of Sep. 19</i>	4:00PM - 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM - 6:00PM Family Open Gym (Ages: 6Y+)	9:15AM - 10:15AM Family Tae Kwon Do – Beginner ●● (Ages: 6Y+) <i>Starts week of Sep. 19</i>	
4:00PM – 5:00PM Youth Open Gym (Ages: 13Y-17Y) Gymnasium #2		4:00PM - 5:00PM Youth Open Gym (Ages: 13Y-17Y) Gymnasium #2	5:30PM - 6:00PM Preschool Creative Play ●● (Ages: 3Y-5Y) Conference Room <i>Starts week of Sep. 19</i>		10:30AM - 11:30AM Family Tae Kwon Do – Intermediate ●● (Ages: 6Y+) <i>Starts week of Sep. 19</i>	10:30AM - 1:00PM Babysitting Course ●● (Ages: 11Y-14Y) <i>Starts Sep. 25 or Nov. 6</i>
5:15PM - 5:45PM Preschool Active Play ●● (Ages: 3Y-5Y) Gymnasium #2 <i>Starts week of Sep. 19</i>	5:45PM - 7:30PM Y Kids Academy ●● (Ages: 11Y-12Y) <i>Starts week of Sep. 19</i>	5:15PM - 6:15PM Child Basketball ●● (Ages: 6Y-8Y) Gymnasium #1 <i>Starts week of Sep. 19</i>	6:15PM - 7:15PM Family Karate – Beginner ●● (Ages: 6Y +) <i>Starts week of Sep. 19</i>	6:00PM - 8:00PM Youth Night (Ages: 13Y- 17Y) <i>Starts week of Sep. 19</i>	11:45PM - 12:45PM Child NHL Street Hockey ●● (Ages: 6Y-8Y) Gymnasium #1 <i>Starts week of Sep. 19</i>	
6:00PM - 7:00PM Pre-Teen Volleyball ●● (Ages: 9Y-12Y) Gymnasium #1 <i>Starts week of Sep. 19</i>	6:15PM - 7:15PM Family Karate – Beginner ●● (Ages: 6Y +) <i>Starts week of Sep. 19</i>	5:15PM - 6:15PM Pre-Teen Basketball ●● (Ages: 9Y-12Y) Gymnasium #2 <i>Starts week of Sep. 19</i>	6:15PM - 7:45PM Family Karate – Intermediate ●● (Ages: 9Y+) <i>Starts week of Sep. 19</i>		11:45PM - 12:45PM Pre-Teen NHL Street Hockey ●● (Ages: 9Y-12Y) Gymnasium #2 <i>Starts week of Sep. 19</i>	
6:00PM - 7:00PM Child Indoor Soccer ●● (Ages: 6Y-8Y) Gymnasium #2 <i>Starts week of Sep. 19</i>	6:15PM - 7:45PM Family Karate – Intermediate ●● (Ages: 9Y+) <i>Starts week of Sep. 19</i>	6:30PM - 7:30PM Family Tae Kwon Do – Beginner ●● (Ages: 6Y+) <i>Starts week of Sep. 19</i>	6:15PM - 7:15PM Child Creative Play ●● (Ages: 6Y-8Y) Conference Room <i>Starts week of Sep. 19</i>		1:00PM - 3:00PM Youth Open Gym (Ages: 13Y-17Y)	

● Booking required | ●● Registration required

To learn more about registering or booking your spot, visit [ymcaywca.ca/schedules](http://ymcaywca.ca/schedules).

Schedule is subject to change.

# Program Descriptions

## **Preschool Active Play | Age: 3Y - 5Y**

A fun introduction to active play that develops the ABC's of movement - Agility, Balance, and Coordination. By learning fundamental movement skills such as running, jumping and throwing, preschoolers will understand the value of incorporating physical activity as an exciting part of everyday life.

## **Preschool Creative Play | Age: 3Y - 5Y**

Preschoolers get creative and explore through a variety of activities such as arts, drama and games. Children will build self-confidence while developing their imagination.

## **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.

## **Child / Pre-Teen Basketball | Ages: 6Y-8Y / 9Y-12Y**

Take part in basketball skill development. Focus is on fun, participation, team work and fair play.

## **Child Indoor Soccer | Ages: 6Y - 8Y**

Take part in soccer skill development. Focus is on fun, participation, team work and fair play. Staff will lead children through warm ups and drills to develop fundamental soccer skills. Game oriented activities will be a part of the program. No previous playing experience required.

## **Family Karate: Beginner | Ages: 6Y+**

Fun and fitness for the whole family. This beginner Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. No experience required. Families are encouraged to register together.

## **Family Karate – Intermediate | Age: 9Y+**

Fun and fitness for the whole family. This intermediate Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. Yellow belts and above.

## **Family Tae Kwon Do – Beginner | Age: 6Y+**

This introductory course for beginners is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing. No experience required.

## **Family Tae Kwon Do – Intermediate | Age: 6Y+**

This Intermediate (orange and green belts) and Advanced (blue belt and above) course is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing.

## **Child/ Pre-Teen NHL Street Hockey | Age: 6Y-8Y / 9Y - 12Y**

Brought to you by the NHL and the Ottawa Senators, this Community program encourages Pre-Teens to learn the fundamentals of ball hockey through game play and teamwork.

## **Pre-Teen / Youth Volleyball | Age: 9Y - 12Y / 13Y - 17Y**

Take part in volleyball skill development. Focus is on fun, participation, team work and fair play. Introduction program to develop basic skills and introduce some team concepts and rules of volleyball.

## **Y Kids Academy | Age: 10Y - 12Y**

Y Kids Academy is a program designed to encourage activity, promote physical conditioning and help shape healthier kids. Participants learn about their health through interactive theory sessions complimented by active training and conditioning sessions each class.

## **Babysitting Course | Age: 11Y - 14Y**

This Y certificate program helps participants learn and develop the necessary skills to supervise children responsibly. Topics include age characteristics of children, entertaining children, creating a caring and safe environment and handling challenging children. This program is also valuable for young people who are sometimes home alone.

## **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. 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.