

Child, Youth and Family Schedule

Updated March 3rd 2026

Room Guide: (PRA) Playroom A - (PRB) Playroom B - (Reg.) Registered Program - (S) Studio
(G) Gymnasium - (CM) Childminding Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning/ Afternoon – 9:00 a.m. - 3:00 p.m.						
**Gym Shoes Required in the Gym – Must Sign your child in/out with a CYF staff present and MUST show ID!						
Childminding (CM) 9:00am-12:30pm (6wks-5yrs)	Baby Bears, Circle Time (CM) 9:15am-10:00am (0-4yrs)	Childminding (CM) 9:00am-12:30pm (6wks-5yrs)	Baby Bears, Circle Time (CM) 9:15am-10:00am (0-4yrs)	Childminding (CM) 9:00am-12:30pm (6wks-5yrs)	Childminding (CM) 9:00am-12:30pm (6wks-5yrs)	Family Playtime (PRA) 10:00am-1:00pm (0-5yrs with parent)
Indoor Family Playground (G) 9:30am-12pm (0-5 yrs w/parent)	Family Playtime (CM) 10:00am-12:30pm (0-5yrs w/parent)	Indoor Family Playground (G) 9:30am-12pm (0-5 yrs w/parent)	Family Playtime (CM) 10:00am-12:30pm (0-5yrs w/parent)	Indoor Family Playground (G) 9:30am-12pm (0-5 yrs w/parent)	Indoor Family Playground-Bouncy Castle (G) 9:30am-12pm (0-12yrs w/parent)	Littles Playroom (CM) 10:00am-1:00pm (0-4 yrs)
				Zumbini (PRB) 10:00am-10:45am		Birthday Parties (PRB) 11:00am-3:00pm (0-4 yrs)
Evening – 4:00 p.m. - 9:00 p.m.						
Childminding (CM) 4:00pm-7:30pm (6wks-5yrs)	Childminding (CM) 4:00pm-7:30pm (6wks-5yrs)	Childminding (CM) 4:00pm-7:30pm (6wks-5yrs)	Mini Kickers (½ G) 4:00pm-4:45pm (2.5-4yrs)	Family Playtime (PRA) 4:00pm-7:00pm (0-12yr with parent)		Zumbini (PRB) 4:30pm-5:15pm
(Reg.) Y KICKERS (G) 4:00pm-5:00pm (5-8yrs)	Basketball (G) 4:30pm-5:30pm (5-12yrs) and Active Kids (G) 5:30pm-6:00pm (5-12yrs)	(Reg.) Y KICKERS (G) 4:00PM-5:00PM (5-8yrs)	Sports (½ G) 4:00pm-6:00pm (5-12yrs)	Musical Arts/Kids Club (PRB) 4:30pm-8:00pm (5-12yrs)	Baby Bears, Circle Time (CM) 4:00pm-7:30pm (0-5yrs with parent)	Starts Mar. 15- Y Namaste Family Yoga (S) 3:00pm-3:45pm
	Starts Mar. 17- Y Namaste Family Yoga (S) 4:00pm-4:45pm		Littles Playroom (CM) 4:30pm-7:30pm (0-4 yrs)			
Kids Club (PRA) 4:00pm-6:00pm (5-12yrs)	Family Playtime (PRA) 4:30pm-8:00pm (0-12yrs) with Parent	Kids Club (PRA) 4:00pm-6:00pm (5-12yrs)	Family Playtime (PRA) 4:30pm-8:00pm (0-12yrs) with Parent			
Sports (G) 5:00pm-6:00pm (5-12yrs)	(Reg.) Karate (S) 6:00pm-7:00pm	Sports (G) 5:00pm-6:00pm (5-12yrs)	(Reg.) Y STEM (PRB) 5:00pm-7:00pm			
Games Galore (PRA) 6:00pm-8:00pm (5-12yrs)	Games Galore (PRB) 6:00pm-8:00pm (5-12yrs)	Games Galore (PRA) 6-8:00pm (5-12yrs)	(Reg.) Karate (S) 6:00pm-7:00pm			

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Bettie Allard YMCA

Child, Youth and Family Descriptions and Fees

Program	Age	Program Description	Member Fee	Non-Member Fee
Family Play Time	0-12	Our playroom is filled with toys and soft play equipment, perfect for developing essential growth-motor skills and learning to play and share with friends. <i>Parent/Guardian supervision is required.</i>	Included in membership	\$10.00
Indoor Family Playground	0-12	The perfect way for children to develop essential gross-motor skills like walking, running, jumping & throwing. Soft play, climbing bouncing and riding equipment are provided offering a variety of exciting options to your child. <i>Parent/Guardian supervision is required.</i>	Included in membership	\$10.00
Childminding	6wks-5	Enjoy a workout or a break at the cafe while your child is in the capable hands of trained YMCA staff. Additional fees and advanced registration on the community portal apply. <i>Parent/Guardian must stay in the building.</i>	\$3.75 per 30 minutes	\$7.50 per 30 minutes
Y Kickers	5-8	<ul style="list-style-type: none"> Skills developmental play taught by a Coquitlam Metro Ford Soccer Gold Player, 2 sessions per week. <i>Advanced booking on the YMCA BC app is required.</i> 	\$25.00 for 4 weeks	NA
Baby Bears	0-4	Circle time with Story time and singing.	Included in membership	\$10.00
Kids Club	5-12	We invite children to come and enjoy playing board games, build social and emotional skills all while making new friends. <i>Parent/Guardian must stay in the building</i>	Included in membership	NA
Karate	7 and up	Karate Program will focus on the traditional teachings of the martial arts and includes two structured karate lessons per week led by a professional instructor from Downtown Shotokan Karate. <i>Advanced booking online at myymca.ca or at the front desk is required.</i>	\$229.00	\$287.00
Zumbini	0-4	When in doubt dance it out with your littles. Your children will learn through play, great bonding experience with your little and meet new friends. <i>Registered program.</i>	\$40 for 8 weeks	\$56 for 8 weeks
Games Galore	5-12	During this time, your child will interact with their friends, while engaging with a variety of board games in Y Play B.	Included in membership	NA
Active Kids	5-12	Gym plays with a mix use of equipment, relays, games and parachute play.	Included in membership	NA
Sports	5-12	During this drop off program, your child will learn basic sports skills and play skills with the direction of our staff while playing sports activities.	Included in membership	NA
STEM	5-12	Explore the World of Science Tech, Engineering and MATH in the fun, hand on team program	\$25.00 for 4 sessions	NA