Bettie Allard YMCA

Child, Youth and Family Schedule

Updated October 15, 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. - 12:00 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)**	**Namaste Family Yoga** (PRB) 9:45am-10:30am
				Zumbini (PRB) 10:00am-10:45am	**Y ART HUB PRA** 10:00-12:00pm **(6-11yrs)) Starts Sept 12th)**	**Littles Playroom** (CM) 10:00am-1:00pm **(0-4 yrs)**
Evening – 4:00 p.m. - 9:00 p.m.						
Childminding (CM) 4:00pm-7:30pm **(6wks-5yrs)**	**Little Playroom** (CM) 4:00pm-6:00pm **(6wks-5yrs) Childminding** 6:00-7:30pm	**Childminding** (CM) 4:00pm-7:30pm **(0-5yrs)**		**Family Playtime** (PRA) 4:00pm-7:00pm **(0-12yr w/ parent)**	**Baby Bears, Circle Time** (CM) 4:00pm-7:30pm **(0-5yrs with parent)**	**Birthday Parties** (PRB) 11:00am-3:00pm **(0-12 yrs)**
(Reg.) **Y KICKERS** (G) 4:00pm-5:00pm **(5-8yrs)**	**Gym Sports**(G) 4:30pm-6:00pm **(5-12yrs)**	(Reg.) **Y KICKERS** (G) 4:00PM-5:00PM (5-8yrs)	(Reg.) **Y Hoops** (½ G) 4:00pm-5:00pm/Sports 5-6pm **(5-10yrs) Starts Sept. 10 (Free for Members)**	**Friday Night Jam (PRB)** 4:30pm-8:00pm **(5-12yrs)**		
Kids Club (PRA) 4:00pm-8:00pm **(5-12yrs)**	**Games Galore(**PRB) 6:00pm-8:00pm **(5-12yrs)**	**Kids Club** (PRA) 4:00pm-8:00pm **(5-12yrs)**	**Littles Playroom** (CM) 4:00pm-7:30pm **(0-4 yrs)**			(Reg.) **Y STEM** (PRB) 4:00pm-6:00pm **(5-12yrs)**
Sports (G) 5:00pm-6:00pm **(5-12yrs)**	**Family Playtime** (PRA) 4:00pm-7:30pm **(0-12yrs) with Parent**	**Sports** (G) 5:00pm-6:00pm **(5-12yrs)**	**Family Playtime** (PRA) 4:00pm-7:30pm **(0-12yrs) with Parent**			
	(Reg.) **Karate** (S) 6:00pm-7:00pm		(Reg.) **Karate** (S) 6:00pm-7:00pm			

***Schedule may change without notice. For bookings, live updates for most programs, please check myymca.ca**

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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. Parent/Guardian supervision is required.	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. Parent/Guardian supervision is required.	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. Parent/Guardian must stay in the building.	$3.75 per 30 minutes	$7.50 per 30 minutes
Y Kickers	5-8	Skills developmental play taught by a Coquitlam Metro Ford Soccer Gold Player, 2 sessions per week. Advanced booking on the YMCA BC app is required.	$31.25 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. Parent/Guardian must stay in the building	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. Advanced booking online at myymca.ca or at the front desk is required.	TBA	TBA
Zumbini	0-4	When is doubt dance it out with your littles. Your children will learn through play, great bonding experience with your little and meet new friends. Registered program.	Ask Front Desk	Ask Front Desk
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	$31.25 for 4 sessions	NA
Y Hoops	5-10	Build fundamental basketball skills, teamwork, and confidence in this fun and active program. Bring a water bottle, wear athletic shoes, and be ready to play!	$31.25-4 sessions	Ask Front Desk
Y ART HUB		Join us in a Creative Space, learn to draw, express and be creative in this Y ART HUB	Included in membership	Ask Front Desk TBA