



NATIONAL CAPITAL REGION YMCA-YWCA

STRENGTHENING
the **HEART** of our
COMMUNITY

CAPITAL CAMPAIGN

Capital Campaign Backgrounder: Y Kids Zones

In 2008, the National Capital Region YMCA-YWCA embarked on a Capital Campaign entitled “Strengthening the Heart of our Community.” The Campaign will support the Y’s \$35 million redevelopment plans that will rejuvenate facilities and expand programs in the greater Ottawa area.

Part of this expansion includes the development of family spaces in the Y, providing for an increase in space that has a more youth and child focus. The Metro Central branch of the YMCA-YWCA and the Ruddy Family Centre YMCA-YWCA in Orleans will both host these innovative places that will encourage kids of all ages to use their imagination for active play.

Research continues to identify the fact that our children are not engaging in enough physical activity. It has also shown that people need to enjoy an activity if they are to continue doing it. Further, with the blossoming of organized sports and programmed time, our kids have lost connection with their imagination, with the whole idea of free-play. The Y Kids Zones will encourage parents to model free-play in spaces where everyone is welcome to take a spin on a slide, climb through a tunnel or jump into a ball room.

Activities in the Y Kids Zones are a departure from programmed play and allow kids and adults alike to reenter the realm of imagination, allowing for spontaneous and interactive play. These are spaces where children and parents / caregivers will rediscover the enjoyment of unstructured active play.

Equipment in the rooms will be age specific. Space will be divided according to two blocks of age groups: 0-8 years of age and 8-14. Levels of supervision will also vary according to age group.

For more information about Capital Campaign and Y Kids Zones, visit <http://capitalcampaign.ymcaywca.ca/> or contact Trudy Chapman, Senior Director of Communications and Development, Capital Campaign at 613-237-1320 ex.3998.