



# Family Services

## Explore Ottawa

The Westin Ottawa is conveniently located in the heart of Canada's picturesque capital, providing direct access to many of the city's national attractions. Ottawa is filled with activities for your kids to explore, either during the Annual Meeting or pre-and post-meeting.



**23 Best Things to Do in  
Ottawa with Kids (2024)**  
[www.tinyfootstepstravel.com](http://www.tinyfootstepstravel.com)



**Things to do in Ottawa  
with teens and tweens**  
[www.kidsinthecapital.ca](http://www.kidsinthecapital.ca)

## Concierge Desk

For assistance with restaurant reservations, tickets to events, and more, look no further than our concierge staff.

## Shopping Mall

### Shopping at The Rideau Centre

Enjoy immediate access to Ottawa's premier shopping destination, where 180 of the biggest names in fashion, beauty, and entertainment can be found on the other side of an indoor walkway. At Rideau Centre, you can peruse the racks at upscale boutiques like Coach, Lacoste, Marciano, and Swarovski before recharging over lunch at The Exchange. Take in a movie at Empire Theatres or stick to your workout routine at the fitness center. Open seven days a week, Rideau Centre provides the perfect escape for anyone wishing to indulge in retail therapy.



## Pool

The Westin Ottawa has a great indoor pool. Be advised, the pool has no lifeguard on duty and kids are expected to be accompanied by adults.



### Swimming

#### Indoor Heated Saltwater Pool

Mon-Sun: 6:30 AM-10:00 PM

Indoor

Towels provided

Heated

#### Whirlpool

Alongside our indoor pool

Towels provided at whirlpool

## Biking



### BikeWESTIN

From May to September, rent a BMW bike for up to 4 hours from the Concierge Desk for \$10.00. All proceeds will benefit our local children's hospital. See the concierge desk for more information.

## The ByWard Market



### The ByWard Market

The ByWard Market is Ottawa's number one tourist attraction, and is the premier destination for shopping, dining, arts, entertainment and professional services for residents and visitors. While you're in the heart of the city don't miss the opportunity to visit the historical ByWard Market. Unique eclectic shops, boutiques and restaurants offer something for everyone. Experience the small neighbourhood feel in secluded courtyards or find high quality, trend setting products on our bustling streets. Unique shops, restaurants and nightclubs surround a thriving outdoor market featuring fresh flowers, fruits and vegetables and local artisans.



Our CUA family is growing!

Let CUA's Corporate Office family take care of your family.

For the duration of the annual meeting, the CUA will offer a kid-friendly daycare service, with staff trained in babysitting and CPR to provide a safe space to leave your child for a few hours while you attend scientific sessions or social events. More information on how to register coming soon.

## **The URO-Care Kid Centre will operate:**

- ***Friday, June 27 from 08:00 until 23:00***
- ***Saturday, June 28 from 08:00 until 23:00***
- ***Sunday, June 29 from 08:00 until 23:00***

We will welcome children who are between the ages of **2 and 16 years**. Children must be potty-trained. Members with young children (under two years old) who are not yet potty-trained can contact the following services:

- Nannies on Call - [www.nanniesoncall.com/](http://www.nanniesoncall.com/)
- NannyServices.ca - <https://nannyservices.ca/>
- Babysits - [www.babysits.ca/babysitter/ottawa/](http://www.babysits.ca/babysitter/ottawa/)
- Care - [www.care.com/en-ca/profiles/child-care/babysitters/ottawa](http://www.care.com/en-ca/profiles/child-care/babysitters/ottawa)

\*Please note that CUA cannot be held liable for the services offered by the above suppliers.

The CUA is not affiliated with these services and assumes no liability.

## **Food**

Food will NOT be provided at the dropoff centre. As it is difficult to find a menu suitable for all ages and adhere to allergies, we ask that children who are dropped off are fed beforehand.

Snacks and water will be provided.