



# Gymnasium Schedule

## March 18 – June 23, 2024

**HOURS** Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00  
**HOLIDAYS:** March 29 (Good Friday), March 31 (Easter Sunday), May 20 (Victoria Day)  
 Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 – 09:45 Open Gym ◆	06:30 – 09:45 Open Gym ◆	06:30 – 09:45 Open Gym ◆	06:30 – 09:45 Open Gym ◆	06:30 – 09:45 Open Gym ◆	08:30 – 09:45 Family Pickle Ball ◆ Ages: 6Y+	08:00 – 09:00 Family Open Gym ◆ Ages: 6Y+
10:00 – 11:00 Licensed Child Care					10:00 – 11:00 Family Tae Kwon Do – Beginner ■ Ages: 6Y+	09:00 – 11:00 Family Badminton ◆ Ages: 6Y+
11:30 – 14:00 Open Gym ◆	11:30 – 14:00 Open Gym ◆	11:30 – 14:00 Open Gym ◆	11:30 – 14:00 Open Gym ◆	11:30 – 14:00 Open Gym ◆	11:15 – 12:45 Youth Open Gym ◆	11:00 – 12:15 Youth Open Gym ◆ Ages: 13Y-17Y
14:30 – 15:30 Licensed Child Care					14:30 – 15:30 Open Gym ◆	13:45 – 15:45 Open Gym ◆ Half Gym
16:00 – 18:00 Youth Open Gym ■ East Gym Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ■ East Gym Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ■ East Gym Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ■ East Gym Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ■ East Gym Ages: 13Y-17Y		13:45 – 15:45 Open Volleyball ◆ Half Gym
17:15 – 18:00 Child Active Play ■ West Gym Ages: 6Y-8Y	16:30 – 17:30 Child and Pre-Teen Indoor Soccer ■ West Gym Ages: 6Y-12Y	16:00 – 16:30 Preschool Active Play ■ West Gym Ages: 3Y-5Y	16:30 – 17:30 Child and Pre-Teen Badminton ■ West Gym Ages: 6Y-12Y	16:00 – 17:00 Child and Pre-Teen Basketball ■ West Gym Ages: 6Y-12Y	10:00 – 12:00 13:00 – 15:00 Birthday Parties (To book a birthday party, call or visit your local Y).	10:00 – 12:00 13:00 – 15:00 Birthday Parties (To book a birthday party, call or visit your local Y).
18:15 – 19:45 Open Badminton ◆ West Gym Ages: 13Y+	17:45 – 18:45 Open Soccer ◆ West Gym Ages: 13Y+	17:15 – 18:00 Pre-Teen Active Play ■ West Gym Ages: 9Y-12Y	19:00 – 20:45 Open Volleyball ◆ West Gym Ages: 13+	17:30 – 19:45 Y Youth Night Ages: 13Y-17Y		
18:00 – 20:45 Open Gym ◆ East Gym	18:00 – 20:45 Open Gym ◆ East Gym	18:00 – 18:45 Child Basketball ■ West Gym Ages: 6Y-8Y	17:45 – 18:45 Open Badminton ◆ West Gym Ages: 13Y+			
	19:00 – 20:45 Open Volleyball ◆ West Gym Ages: 13Y+	19:00 – 20:00 Pre-Teen Basketball ■ West Gym Ages: 9Y-12Y	18:00 – 20:45 Open East Gym ◆			
		18:00 – 20:45 Open Gym ◆ East Gym				

◆ **Drop-in program.** Day pass fee required for non-members.  
 ■ **Session registration required.** Session fee required for members and non-members. Note: Two free registered programs are included per session in a Y membership. Some exceptions apply. For full membership details, visit [ymcaottawa.ca/health-fitness/how-to-join](http://ymcaottawa.ca/health-fitness/how-to-join). Session registrations can be made in person, by phone or online.  
 To learn more about booking or registering your spot, visit [ymcaottawa.ca](http://ymcaottawa.ca) or call or visit your local Y. To book or register your spot online, [log in to your account](#).  
 Schedule is subject to change.

# Program Descriptions

## **Family / Child / Pre-Teen Badminton**

**Ages: 6Y+ / 6Y-8Y / 9Y-12Y**

Take part in badminton skill development drills and pick-up games. Focus is on participation and fun. Equipment is available.

## **Family Pickleball | Ages: 6Y+**

Pickleball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. This program is for players of all ages and abilities. Focus is on participation and fun.

## **Family Tae Kwon Do – Beginner | Ages: 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.

## **Preschool / Child / Pre-Teen Active Play**

**Ages: 3Y-5Y / 6Y-8Y / 9Y-12Y**

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 / Pre-Teen Indoor Soccer | Ages: 6Y - 8Y / 9Y-12Y**

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. Registration is required.

## **Open Gym**

Dedicated open gym time to play and have fun together while establishing a foundation for healthy, active living. Y staff will monitor activity and provide access to a variety of sports equipment.

## **Y Youth Night| Ages: 13Y-17Y**

Teens are welcome to hang out with friends and Y staff for different sports and activities each week, such as basketball, guided workouts, fitness and health tips, group fitness classes, special events, guest speakers and more.

## **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.