



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
06:00 – 09:00 Open Gym ◆ Gymnasium #1	06:00 – 09:00 Open Gym ◆	06:00 – 09:00 Open Gym ◆ Gymnasium #1	08:00 – 09:00 Open Gym ◆	06:00 – 09:00 Open Gym ◆ Gymnasium #1	08:00 – 09:00 Family Open Gym ◆ Gymnasium #1 All Ages	08:00 – 11:00 Pickleball ◆ Ages: 13Y+
07:00 – 09:00 Pickleball ◆ Gymnasium #2		07:00 – 09:00 Pickleball ◆ Gymnasium #2		07:00 – 09:00 Pickleball ◆ Gymnasium #2	09:15 – 10:15 Family Tae Kwon Do – Beginners ■ Ages: 6Y+	11:15 – 13:00 Youth Open Gym ◆ Gymnasium #1 Ages: 13Y-17Y
09:00 – 16:00 L'Éscale					10:30 – 11:30 Family Tae Kwon Do – Intermediate ■ Ages: 6Y+	13:00 – 15:45 Open Gym ◆
15:45 – 17:45 Youth Open Gym ◆ Gymnasium #1 Ages: 13Y-17Y	15:45 – 17:45 Youth Open Gym ◆ Gymnasium #1 Ages: 13Y-17Y	15:45 – 17:45 Youth Open Gym ◆ Gymnasium #1 Ages: 13Y-17Y	15:45 – 17:45 Youth Open Gym ◆ Gymnasium #1 Ages: 13Y-17Y	15:45 – 17:45 Youth Open Gym ◆ Gymnasium #1 Ages: 13Y-17Y	11:45 – 12:45 Pre-Teen Basketball ■ Gymnasium #2 Ages: 9Y-12Y	
16:15 – 16:45 Pre-school Active Play ■ Gymnasium #2 Ages: 3Y-5Y	16:30 – 17:30 Child / Pre-Teen Basketball ■ Gymnasium #2 Ages: 6Y-12Y	17:15 – 18:15 Child / Pre-Teen Pickleball ■ Gymnasium #2 Ages: 6Y-8Y / 9Y-12Y	16:30 – 17:30 Child / Pre-Teen Badminton ■ Gymnasium #2 Ages: 6Y-12Y	17:00 – 18:00 Child / Pre-Teen Indoor Soccer ■ Gymnasium #2 Ages: 6Y-12Y	12:45 – 13:30 Child Basketball ■ Gymnasium #2 Ages: 6Y-18Y	
		17:15 – 18:00 Child Active Play ■ Gymnasium #2 Ages: 6Y-8Y			11:45 – 13:45 Youth Open Gym ◆ Ages: 13Y-17Y Gymnasium #1	
17:15 – 18:15 Pre-Teen Active Play ■ Gymnasium #2 Ages: 9Y-12Y	18:00 – 19:00 Karate: Beginners (White and Yellow) ■ Ages: 6Y+	18:30 – 19:15 Bootcamp ■ Ages: 13Y+	18:00 – 19:00 Karate: Beginners (White and Yellow) ■ Ages: 6Y+	18:15 – 19:45 Youth Night ◆ Ages: 13Y-17Y	13:45 – 15:45 Open Gym ◆	
18:15 – 19:00 Fire Fighters Bootcamp ■ Ages: 13Y+	19:00 – 20:00 Karate: Intermediate (Orange to Blue) ■ Ages: 9Y+	19:15 – 20:45 Open Gym ◆	19:00 – 20:00 Karate: Intermediate (Orange to Blue) ■ Ages: 9Y+			
19:00 – 19:45 Bootcamp ■ Ages: 13Y+	20:00 – 20:30 Karate: Advanced (Brown and Black) ■ Ages: 9Y+		20:00 – 20:30 Karate: Advanced (Brown and Black) ■ Ages: 9Y+			
20:00 – 20:45 Open 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. Session registrations can be made in person, by phone or online.

To learn more about booking or registering your spot, visit 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 Tae Kwon Do – Beginner | Age: 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.

Family Tae Kwon Do – Intermediate | Age: 6Y+

This Intermediate (orange and green belts) course 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.

Karate – Beginner | Age: 6Y+

Fun and fitness for the whole family. This beginner Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. No experience required.

Karate – Intermediate/Advanced | Age: 9Y+

Fun and fitness for the whole family. This intermediate Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. Yellow belts and above.

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.

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 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.

Child / Pre-teen Badminton | Ages: 6Y-8Y / 9Y-12Y

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

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.

Pickleball | Ages: 6Y-8Y / 9Y-12Y / 13Y+

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.

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.