



Gymnasium Schedule

September 9 – December 22, 2024

HOURS **Mon. – Thu.:** 06:30 – 21:00, **Fri.:** 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00
HOLIDAYS: October 12, 13, 14 (Thanksgiving Weekend) Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 – 09:45 Open Gym ♦ <i>Gymnasium</i>	06:45 – 09:45 Open Gym ♦ <i>Gymnasium</i>	06:45 – 09:45 Open Gym ♦ <i>Gymnasium</i>	06:45 – 09:45 Open Gym ♦ <i>Gymnasium</i>	06:45 – 09:45 Open Gym ♦ <i>Gymnasium</i>	08:00 – 09:45 Open Gym ♦ <i>Gymnasium</i>	08:00 – 09:45 Open Gym ♦ <i>Gymnasium</i>
10:00 – 12:00 Open Pickleball ♦ <i>Gymnasium</i> Ages: 6Y+	10:00 – 12:00 Open Gym ♦ <i>Gymnasium</i>	10:00 – 12:00 Open Pickleball ♦ <i>Gymnasium</i> Ages: 6Y+	10:00 – 12:00 Open Basketball ♦ <i>Gymnasium</i>	10:00 – 12:00 Open Gym ♦ <i>Gymnasium</i>	11:15 – 12:45 Family Pickleball ♦ <i>West Gymnasium</i> Ages: 6Y+	11:15 – 12:45 Family Pickleball ♦ <i>West Gymnasium</i> Ages: 6Y+
12:15 – 14:15 Open Gym ♦ <i>Gymnasium</i>	12:15 – 13:45 Open Badminton ♦ <i>Gymnasium</i>	12:15 – 14:15 Open Gym ♦ <i>Gymnasium</i>	12:15 – 13:45 Open Badminton ♦ <i>Gymnasium</i>	12:15 – 14:15 Open Gym ♦ <i>Gymnasium</i>	11:15 – 12:45 Family Soccer ♦ <i>East Gymnasium</i> Ages: 6Y+	11:15 – 12:45 Family Basketball ♦ <i>East Gymnasium</i> Ages: 6Y+
14:30 – 15:45 Open Volleyball ♦ <i>Gymnasium</i>	14:00 – 15:45 Open Pickleball ♦ <i>Gymnasium</i> Ages: 6Y+	14:30 – 15:45 Open Gym ♦ <i>Gymnasium</i>	14:00 – 15:45 Open Pickleball ♦ <i>Gymnasium</i> Ages: 6Y+	14:30 – 15:45 Open Gym ♦ <i>Gymnasium</i>	13:00 – 14:00 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	13:00 – 14:00 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y
16:00 – 18:00 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	16:00 – 17:45 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	Birthday Parties Saturdays & Sundays 10:00 – 12:00 13:00 – 15:00 <i>(To book a birthday party, call or visit your local Y).</i>	
18:00 – 19:30 Family Active Play ♦ <i>Gymnasium</i> Ages: 6Y+	18:00 – 19:00 Taekwondo ■ <i>Gymnasium</i> Ages: 6Y+	18:15 – 19:00 Child & Pre-Teen Basketball ■ <i>East Gymnasium</i> Ages: 6Y-12Y	18:15 – 19:00 Pre-School Fundamentals: Sports & Movement ■ <i>East Gymnasium</i> Ages: 3Y-5Y	18:15 – 19:00 Child & Pre-Teen Soccer ■ <i>East Gymnasium</i> Ages: 6Y-12Y		
19:45 – 20:45 Open Gym ♦ <i>Gymnasium</i> Ages: 6Y+	19:15 – 20:45 Open Volleyball ♦ <i>West Gymnasium</i> Ages: 6Y+	18:15 – 19:00 Pre-School Active Play ■ <i>West Gymnasium</i> Ages: 3Y-5Y	18:15 – 19:00 Child Fundamentals: Sports & Movement ■ <i>West Gymnasium</i> Ages: 6Y-10Y	19:15 – 20:00 Youth Night in the Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	Kid's Zone Parent Supervised Mon – Fri 07:45 – 09:45, 11:45-14:45 Wed, Thu, Fri 16:15 – 19:45 Sat 10:00 – 15:45 Sun 08:00 – 15:45 Y Staff Supervised Mon, Tue 16:45 – 19:45 Sat 08:00 – 09:30 *Subject to bookings and changes.	
	19:15 – 20:45 Open Basketball ♦ <i>East Gymnasium</i> Ages: 6Y+	19:15 – 20:45 Open Pickleball ♦ <i>West Gymnasium</i> Ages: 6Y+	19:15 – 20:00 Child & Pre-Teen Pickleball ♦ <i>West Gym</i> Ages: 6Y+			
		19:15 – 20:45 Open Basketball ♦ <i>East Gymnasium</i>	20:00 – 21:00 Open Gym ♦ <i>Gymnasium</i>			

- ♦ **Drop-in program.** Day pass fee required for non-members.
- **Booking required.** Day pass fee required for non-members. Bookings can be made up to one week in advance and can be made in person, by phone or online. Note: Online bookings can only be made by Y 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. Schedule is subject to change.

Program Descriptions

Youth Open Gym Ages: 12Y – 17Y

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

Child Active Play | Ages: 6Y - 8Y

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. Registration is required.

Child & Pre-Teen Basketball | Ages: 6Y-12Y

Take part in basketball skill development. Focus is on fun, participation, team work and fair play. Registration is required.

Open Gym & Family Open Gym | Ages: 6Y +

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.

Child Creative Play | Age: 6Y - 8Y

Preschoolers get creative and explore through a variety of activities such as arts, drama and games. Children will build self-confidence while developing their imagination.

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.

Open Volleyball | Ages: 6Y +

If you enjoy practicing your serving or spiking skills, Open Volleyball might be the place for you! Join people from all ages and experiences with Volleyball and learn together!

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.