



# Gymnasium Schedule

January 9 to April 2, 2023

**HOURS:** Mon. – Fri.: 06:30 – 20:00 | Sat., Sun. and Statutory Holidays: 09:00 – 15:00  
**HOLIDAYS:** Mon., Feb. 20, 2023 (Family Day) – Open 09:00 – 15:00 (No programs / group fitness classes)

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

- ◆ **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](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

## **Birthday Parties**

Birthday parties at the Y give children the chance to play, have fun and celebrate the way they want to! Y staff will handle the games, fun and clean up. ***For more information and to book your next birthday party, call or visit your local Y.***

## **Preschool / Child Active Play | Ages: 3Y-5Y / 6Y-8Y**

A fun introduction to active play that develops the ABC's of movement – Agility, Balance and Coordination. By learning fundamental movement skills such as running, jumping and throwing, preschoolers will understand the value of incorporating physical activity as an exciting part of everyday life.

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

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 | Ages: 6Y+**

This introductory course for beginners is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation

## **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.

## **Pre-Teen Volleyball | Ages: 9Y-12Y**

Take part in volleyball skill development. Focus is on fun, participation, team work and fair play. Introduction program to develop basic skills and introduce some team concepts and rules of volleyball.

## **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.

### **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.