



Community Events Calendar

April / May, 2023

HOURS: Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | Sat., Sun. and Statutory Holidays: 08:00 – 16:00
HOLIDAYS: Easter Weekend - Friday, April 7 (Good Friday), Saturday, April 8, Sunday, April 9 (Easter Sunday), Monday, May 22 (Victoria Day), Saturday, July 1 (Canada Day) – Open 8:00 - 16:00 (No programs or group fitness classes)

APRIL

**SAT,
APR 22**

13:00-14:30



Members
\$15 (+HST) / person
Non-members
\$25 (+HST) / person

Y Kids Smoothie Workshop
(Cycle Studio/Training Room)

**SUN,
APR 23**

13:30-15:30



Members
\$5 (+HST) / player
Non-members
\$15 (+HST) / player

Seniors Euchre Tournament
(Cycle Studio/Training Room)

**SAT,
APR 29**

14:00-15:30



Members
\$5 (+HST) / person
Non-members
\$15 (+HST) / person

Spring Power Fitness
(Studio B)

MAY

**SAT,
MAY 13**

12:15-13:45



Members
Free
Non-members
\$15 (+HST) / person

Mother's Day Zumba

**SUN,
MAY 14**

9:30-12:30



Members
\$5 (+HST) / player
Non-members
\$15 (+HST) / player

Seniors Pickleball Tourney
(Gymnasium)

**SAT,
MAY 20**

13:00-14:30



Members
\$15 (+HST) / person
Non-members
\$25 (+HST) / person

Y Kids Smoothie Workshop
(Cycle Studio/Training Room)

**SAT,
MAY 27**

14:00-15:30



Members
\$5 (+HST) / person
Non-members
\$15 (+HST) / person

Yoga Bliss
(Studio B)

To register:



ymcaottawa.ca



613-237-1320



In person

All participants must register **at least 48 hours** in advance.

Event Descriptions

Mother's Day Zumba | Ages: 13Y+

Celebrate everything that 'motherhood' means to you by dancing the Zumba way! Celebrate together or enjoy some time on your own. Refreshments and a little treat included.

Seniors Euchre Tournament | Ages: 55Y+

Join the fun and take part in a casual Euchre tournament! Play up to 6 games, and even win some Y swag or other prizes! Refreshments will be included.

Seniors Pickleball Tournament | Ages: 55Y+

A fun-first, casual pickleball tournament for players of all abilities! Come on out and play multiple games, meet other pickleball fans, and enjoy some refreshments. We ask that you identify your experience with Pickleball upon registration in order to best place you with a team. (Note: registration for this tournament will only be accepted in person or over the phone).

Spring Power Fitness | Ages: 13Y+

This 90-minute group fitness class includes high-intensity cardio, full body strength conditioning, and finishes with a full body stretch. Class is open to all abilities. Refreshments for energizing included!

Y Kids Smoothie Workshop | Ages: 10Y-15Y

Learn the importance of balancing nutrition and physical activity to achieve a healthy lifestyle. The workshop will begin with some guided activity in the gymnasium to work up an appetite and then participants will learn new smoothie recipes that they will make and enjoy on site.

Yoga Bliss | Ages: 13Y+

A 90-minute Yoga class offering the opportunity to slow down and enjoy your practice. Join us for some extra 'zen', and refreshments! This class is open to all abilities.