



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
(Conference Room)

**SUN,
APR 23**

13:30-15:30

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



Seniors Euchre Tournament
(Conference Room)

**SAT,
APR 29**

14:00-15:30

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



Spring Power Fitness
(Gymnasium)

MAY

**SUN,
MAY 7**

9:30-12:30

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



Seniors Pickleball Tourney
(Gymnasium)

**SAT,
MAY 13**

12:15-13:45

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



Mother's Day Zumba
(Gymnasium)

**SAT,
MAY 13**

13:00-14:30

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



Y Kids Smoothie Workshop
(Conference Room)

**SAT,
MAY 20**

14:00-15:30

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



Yoga Bliss
(Gymnasium)

To register:



ymcaottawa.ca



613-446-7679



In person

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