



Gymnasium Schedule

April 3 – July 2, 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)

● **After school pilot project:** These highlighted after school activities are FREE for **all** children/youth (ages 6Y-17Y) between May 1 – June 29. **Registration is required.** To learn more visit the membership desk or call 613-237-1320.

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 ◆	08:00 – 09:45 Open Gym ◆	08:30 – 10:00 Pickleball □ Ages: 18Y+
10:00 – 11:00 Licensed Child Care					10:00 – 11:00 Family Tae Kwon Do – Beginner ■ Ages: 6Y+ Full Gym	10:15 – 11:45 Family Badminton ◆ Ages: Parent & Child
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 Child Indoor Soccer ■ Ages: 6Y-8Y Full Gym	10:15 – 11:45 Family Basketball ◆ Ages: Parent & Child
14:30 – 15:30 Licensed Child Care					14:00 – 15:30 Youth Open Gym ◆ Ages: 13Y-17Y Full Gym	14:00 – 15:30 Open Gym ◆ Full Gym
16:00 – 17:15 Pre-Teen Badminton ◆ Ages: 10Y-12Y West Gym		16:00 – 17:00 Y After School – Gym ● Ages: 6Y-12Y Full Gym	16:00 – 17:15 Youth Volleyball ● Ages: 13Y-17Y West Gym			
16:00 – 17:15 Youth Open Gym ◆ Ages: 13Y-17Y East Gym	17:30 – 18:30 Child Indoor Soccer ■ Ages: 6Y-8Y Full Gym		16:00 – 17:15 Youth Open Gym ● Ages: 13Y-17Y East Gym	16:00 – 18:00 Youth Open Gym ◆ Ages: 13Y-17Y East Gym		
17:30 – 18:30 Child Active Play ■ Ages: 6Y-8Y Full Gym	18:45 – 19:45 Pre-Teen Indoor Soccer ■ Ages: 9Y-12Y Full Gym	17:30 – 18:30 Child Basketball ■ Ages: 6Y-8Y Full Gym	17:30 – 19:00 Adult Volleyball ◆ Ages: 18Y+ West Gym		10:00 – 14:30 Birthday Parties (To book a birthday party, call or visit your local Y).	12:30 – 14:30 Birthday Parties (To book a birthday party, call or visit your local Y).
17:30 – 18:30 Pre-Teen Active Play ■ Ages: 6Y-8Y Full Gym		18:45 – 19:45 Pre-Teen Basketball ■ Ages: 9Y-12Y Full Gym	17:30 – 19:00 Family Badminton ◆ Ages: Parent & Child East Gym			
20:00 – 20:45 Adult Open Gym ◆ Ages: 18Y+ Full Gym	20:00 – 20:45 Adult Open Gym ◆ Ages: 18Y+ Full Gym	20:00 – 20:45 Adult Open Gym ◆ Ages: 18Y+ Full Gym	19:15 – 20:45 Adult Open Gym ◆ Ages: 18Y+ Full Gym	18:00 – 20:00 Open Gym ◆		

- ◆ **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. 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.***

Child / Pre-Teen NHL Street Hockey

Age: 6Y-8Y / 9Y-12Y

Brought to you by the NHL and the Ottawa Senators, this Community program encourages Pre-Teens to learn the fundamentals of ball hockey through game play and teamwork.

Pre-Teen / Family Badminton | Ages: 6Y-8Y / 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.

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.

Y After School – Gym | Age: 6Y-12Y

Stay active after school! End the school day with friends at the Y playing a variety of games, sports and challenge by choice activities. Healthy snacks will be provided. Spaces limited. Pre-booking required.

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.