



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 613-446-7679.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 – 08:45 Adult Open Gym ◆ Ages: 18Y+	07:00 – 08:45 Pickleball ◆ Ages: 18Y+	08:00 – 08:45 Adult Open Gym ◆ Ages: 18Y+	07:00 – 08:45 Pickleball ◆ Ages: 18Y+	08:00 – 08:45 Adult Open Gym ◆ Ages: 18Y+		
					09:00 – 10:00 Family Tae Kwon Do – Beginner ■ Ages: 6Y+	09:00 – 09:45 Open Gym ◆
16:00 – 17:00 Youth Volleyball ◆ Ages: 13Y-17Y <i>Gymnasium #1</i>	16:00 – 17:00 Youth Open Gym ● Ages: 13Y-17Y <i>Gymnasium</i>	16:00 – 17:00 Y After School – Gym ◆ Ages: 6Y-12Y <i>Gymnasium #1</i>			10:15 – 11:15 Family Tae Kwon Do – Intermediate ■ Ages: 6Y+	10:00 – 11:15 Canadian Handball Academy (Gym Rental) <i>Gymnasium #2</i>
16:00 – 17:00 Pickleball ◆ Ages: 18Y+ <i>Gymnasium #2</i>		16:00 – 17:00 Youth Badminton ◆ Ages: 13Y-17Y <i>Gymnasium #2</i>	16:00 – 17:45 Youth Open Gym ● Ages: 13Y-17Y <i>Gymnasium #1</i>	16:00 – 18:00 Family Open Gym ◆ Parent and Child <i>Gymnasium #1</i>	11:30 – 12:30 Pre-Teen Basketball ■ Ages: 9Y-12Y <i>Gymnasium</i>	12:00 – 15:00 Pickleball ◆ Ages: 18Y+ <i>Gymnasium #2</i>
17:15 – 18:15 Pre-Teen Volleyball ■ Ages: 9Y-12Y <i>Gymnasium #1</i>	17:15 – 17:45 Preschool Active Play ● Ages: 3Y 5Y	17:15 – 18:15 Child Basketball ■ Ages: 6Y-8Y <i>Gymnasium</i>				12:00 – 16:00 Open Gym ◆
18:30 – 19:30 Child Indoor Soccer ■ Ages: 6Y-8Y <i>Gymnasium #2</i>	18:00 – 19:00 Family Karate – Beginner ■ Ages: 6Y+	17:15 – 18:15 Pre-Teen Basketball ■ Ages: 9Y-12Y <i>Gymnasium #1</i>	18:00 – 19:00 Family Karate – Beginner ■ Ages: 6Y+		13:00 – 15:00 Birthday Parties (To book a birthday party, call or visit your local Y).	
	18:30 – 20:00 Family Karate – Intermediate ■ Ages: 9Y+	18:30 – 19:30 Family Tae Kwon Do – Beginner ■ Ages: 6Y+	18:30 – 20:00 Family Karate – Intermediate ■ Ages: 9Y+	18:00 – 20:00 Youth Open Gym ◆ Ages: 13Y-17Y	15:00 – 16:00 Open Gym ◆	
19:45 – 21:00 Adult Open Gym ◆ Ages: 18Y+	20:15 – 21:00 Adult Open Gym ◆ Ages: 18Y+	19:45 – 20:45 Boot Camp ■ Ages: 13Y+	20:15 – 21:00 Adult Open Gym ◆ Ages: 18Y+			

- ◆ **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.***

Preschool Active Play | Age: 3Y - 5Y

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 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 program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing. No experience required.

Family Tae Kwon Do – Intermediate | Ages: 6Y+

This Intermediate (orange and green belts) course is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing.

Family Karate – Beginner | Ages: 6Y+

Fun and fitness for the whole family. This beginner Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. No experience required. Families are encouraged to register together.

Family Karate – Intermediate | Ages: 9Y+

Fun and fitness for the whole family. This intermediate Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. Yellow belts and above. Families are encouraged to register together.

Child Indoor Soccer | Ages: 6Y-8Y

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.

Child / Pre-Teen Basketball | Ages: 6Y-8Y / Ages: 9Y-12Y

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

Pre-Teen / Youth Volleyball | Age: 9Y-12Y / 13Y-17Y

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.

Boot Camp | Age: 13Y+

An intense, full body workout designed to build strength and improve overall fitness. This class challenges participants with variety, speed, drills, and cardio segments.

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.