



# Gymnasium Schedule

September 11 – December 17, 2023

**HOURS:** Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | Sat., Sun. and Statutory Holidays: 08:00 – 16:00

**HOLIDAYS:** October 9 (Thanksgiving) – Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 – 9:00 <b>Open Gym</b> ◆	06:30 – 9:00 <b>Open Gym</b> ◆	06:30 – 9:00 <b>Open Gym</b> ◆	06:30 – 9:00 <b>Open Gym</b> ◆	06:30 – 9:00 <b>Open Gym</b> ◆	09:15 – 10:15 <b>Family Tae Kwon Do – Beginner</b> Ages: 6Y+ ◆	09:00 – 11:00 <b>Pickleball</b> Ages: 13Y+ ◆
					10:30 – 11:30 <b>Family Tae Kwon Do – Intermediate</b> Ages: 6Y+ ◆	11:00 – 13:00 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆
16:00 – 18:00 <b>Youth Open Gym</b> Gymnasium #1 Ages: 13Y-17Y ■	16:00 – 18:00 <b>Youth Open Gym</b> Gymnasium #1 Ages: 13Y-17Y ■	16:00 – 18:00 <b>Youth Open Gym</b> Gymnasium #1 Ages: 13Y-17Y ■	16:00 – 18:00 <b>Youth Open Gym</b> Gymnasium #1 Ages: 13Y-17Y ■	16:00 – 18:00 <b>Youth Open Gym</b> Gymnasium #1 Ages: 13Y-17Y ■	11:45 – 12:45 <b>Child Basketball</b> Gymnasium #1 Ages: 6Y-8Y ■	13:00 – 15:45 <b>Open Gym</b> ◆
16:15 – 16:45 <b>Preschool Active Play</b> Gymnasium #2 Ages: 3Y-5Y ■	16:00 – 17:00 <b>Child Basketball</b> Gymnasium #2 Ages: 6Y-8Y ■	16:15 – 16:45 <b>Preschool Active Play</b> Gymnasium #2 Ages: 3Y-5Y ■	17:00 – 18:00 <b>Child Badminton</b> Gymnasium #2 Ages: 6Y-8Y ■	16:00 – 17:00 <b>Pre-teen Indoor Soccer</b> Gymnasium #2 Ages: 9Y-12Y ■	11:45 – 12:45 <b>Pre-teen Basketball</b> Gymnasium #2 Ages: 9Y-12Y ■	
17:00 – 18:00 <b>Youth Indoor Soccer</b> Gymnasium #2 Ages: 13Y-17Y ■	17:00 – 18:00 <b>Pre-teen Basketball</b> Gymnasium #2 Ages: 9Y-12Y ■	17:00 – 18:00 <b>Youth Pickleball</b> Gymnasium #2 Ages: 13Y-17Y ■	17:00 – 18:00 <b>Pre-teen Badminton</b> Gymnasium #2 Ages: 9Y-12Y ■	17:00 – 18:00 <b>Child Indoor Soccer</b> Gymnasium #2 Ages: 6Y-8Y ■	13:00 – 14:30 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆	
	18:00 – 19:00 <b>Karate – Beginner (White &amp; Yellow)</b> Ages: 6Y+ ■	18:30 – 19:15 <b>Bootcamp</b> Ages: 13Y+ ■	18:00 – 19:00 <b>Karate – Beginner (White &amp; Yellow)</b> Ages: 6Y+ ■	18:00 – 19:45 <b>Y Teen Zone</b> Ages: 13Y-17Y ◆	14:30 – 15:45 <b>Open Gym</b> ◆	
19:00 – 19:45 <b>Bootcamp</b> Ages: 13Y+ ■	19:00 – 20:00 <b>Karate – Intermediate (Orange to Blue)</b> Ages: 9Y+ ■	19:15 – 20:45 <b>Open Gym</b> ◆	19:00 – 20:00 <b>Karate – Intermediate (Orange to Blue)</b> Ages: 9Y+ ■			
19:45 – 20:45 <b>Open Gym</b> ◆	20:00 – 20:30 <b>Karate – Advanced (Brown &amp; Black)</b> Ages: 9Y+ ■		20:00 – 20:30 <b>Karate – Advanced (Brown &amp; Black)</b> Ages: 9Y+ ■			

◆ **Drop-in program.** Day pass fee required for non-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

## **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 | Age: 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 | Age: 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.

## **Karate – Beginner | Age: 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.

## **Karate – Intermediate/Advanced | Age: 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.

## **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.

## **Preschool Active Play | Ages: 3Y-5Y**

A fun introduction to active play that develops the ABC's of movement - Agility, Balance, and Coordination. Building on fundamental movement skills such as running, jumping, and throwing, children will be exposed to a variety of sports while learning that physical activity is an exciting part of everyday life.

## **Child / Pre-Teen / Youth Indoor Soccer**

### **Ages: 6Y - 8Y / 9Y-12Y / 13Y-17Y**

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.

## **Child / Pre-teen Badminton | Ages: 6Y-8Y / 9Y-12Y**

Take part in badminton skill development drills and pick-up games. Focus is on participation and fun. Equipment is available.

## **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.