



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 – 09:45 Open Gym ◆	06:30 – 09:45 Open Gym ◆	06:30 – 09:45 Open Gym ◆	06:30 – 09:45 Open Gym ◆	06:30 – 09:45 Open Gym ◆	08:00 – 10:00 Family Pickleball Ages: 6Y+ ◆	09:00 – 09:00 Family Open Gym Ages: 6Y+ ◆
10:00 – 11:00 Licensed Child Care					10:00 – 11:00 Family Tae Kwon Do Beginner Ages: 6Y+ ■	09:00 – 11:00 Family Badminton Ages: 6Y+ ◆
11:30 – 14:00 Open Gym ◆	11:30 – 14:00 Open Gym ◆	11:30 – 14:00 Open Gym ◆	11:30 – 14:00 Open Gym ◆	11:30 – 14:00 Open Gym ◆	11:45 – 12:30 Open Gym ◆	11:00 – 13:00 Youth Open Gym Ages: 13Y-17Y ◆
14:30 – 15:30 Licensed Child Care					14:30 – 15:30 Open Gym ◆	13:00 – 15:30 Open Gym ◆
16:00 – 18:00 Youth Open Gym East Gym Ages: 13Y-17Y ■	16:00 – 18:00 Youth Open Gym East Gym Ages: 13Y-17Y ■	16:00 – 18:00 Youth Open Gym East Gym Ages: 13Y-17Y ■	16:00 – 18:00 Youth Open Gym East Gym Ages: 13Y-17Y ■	16:00 – 18:00 Youth Open Gym East Gym Ages: 13Y-17Y ■		
16:15 – 16:45 Preschool Active Play West Gym Ages: 3Y-5Y ■	16:00 – 17:00 Child Indoor Soccer West Gym Ages: 6Y-8Y ■	16:15 – 16:45 Preschool Active Play West Gym Ages: 3Y-5Y ■	16:00 – 18:00 Child Badminton West Gym Ages: 6Y-8Y ■	16:00 – 17:00 Child Active Play West Gym Ages: 6Y-8Y ■		
17:00 – 17:45 Child Active Play West Gym Ages: 6Y-8Y ■	17:00 – 18:00 Pre-teen Indoor Soccer West Gym Ages: 9Y-12Y ■	17:00 – 17:45 Child Active Play West Gym Ages: 3Y-5Y ■	17:00 – 18:00 Pre-teen Badminton West Gym Ages: 9Y-12Y ■	17:00 – 18:00 Pre-teen Active Play West Gym Ages: 9Y-12Y ■		
18:15 – 19:45 Badminton West Gym Ages: 13Y+ ◆	18:15-19:45 Indoor Soccer West Gym Ages: 13Y+ ◆	18:00 – 19:00 Child Basketball West Gym Ages: 6Y-8Y ■	18:15 – 19:45 Volleyball West Gym Ages: 13Y+ ◆	18:00 – 19:30 Y Teen Zone Ages: 13Y-17Y ◆		
18:00 – 20:30 Open Gym East Gym ◆	18:00 – 20:30 Open Gym East Gym ◆	19:00 – 20:00 Pre-teen Basketball West Gym Ages: 9Y-12Y ■	18:00 – 20:30 Open Gym East Gym ◆			
		18:00 – 20:30 Open Gym East Gym ◆				

◆ **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. 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

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 / Youth Badminton | Ages: 6Y+ / 13Y-17Y

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

Preschool / Child / Pre-Teen Active Play

Ages: 3Y-5Y / 6Y-8Y / 9Y-12Y

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 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.

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.