

Gymnasium Schedule

June 2 – June 29, 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 08:30 Open Gym Gymnasium ◆	07:00 – 08:30 Open Gym Gymnasium ◆	07:00 – 08:30 Open Gym Gymnasium ◆	07:00 – 08:30 Open Gym Gymnasium ◆	07:00 – 08:30 Open Gym Gymnasium ◆	08:00 – 10:15 Open Gym Gymnasium ◆	08:00 – 12:30 Open Gym Gymnasium ◆
15:45 – 16:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	15:45 – 16:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	15:45 – 16:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	15:45 – 17:30 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	15:45 – 17:15 Open Gym Gymnasium ◆	10:30 – 11:30 Family Badminton Gymnasium Ages: 6Y+ ◆	12:45 – 14:15 Birthday Parties Gymnasium Ages: 3Y-12Y □
17:00 – 17:45 Child Soccer Gymnasium Ages: 6Y-8Y ■	17:00 – 19:00 Gym and Swim Gymnasium/Pool Ages: 6Y-9Y ■	17:00 – 17:45 Pre-School Active Play Gymnasium A Ages: 3Y-5Y ■	18:00 – 18:45 Child & Pre-Teen Pickleball / Badminton Gymnasium A Ages: 6Y-12Y ■	17:00 – 18:30 Y Camp Express Gymnasium Ages: 3Y-5Y/6Y-8Y ■	11:45 – 12:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	14:30 – 15:45 Open Gym Gymnasium ◆
18:00 – 18:45 Pre-Teen Soccer Gymnasium Ages: 9Y-12Y ■	18:15 – 19:15 Pre-teen Sports Variety Gymnasium Ages: 9Y-12Y □	17:00 – 17:45 Child Basketball Gymnasium B Ages: 6Y-8Y ■	19:00 – 20:45 Open Gym Gymnasium ◆	18:00 – 19:45 Youth Night Gymnasium Ages: 13Y-17Y ◆	13:00 – 15:45 Open Gym Gymnasium Ages: 6Y+ ◆	
19:00 – 19:45 Themed Bootcamp Gymnasium □	19:30 – 20:45 Open Gym Gymnasium ◆	18:00 – 18:45 Pre-Teen Basketball Gymnasium Ages: 9Y-12Y ■				
20:00 – 20:45 Open Gym Gymnasium ◆		19:00 – 19:45 Themed HIIT Gymnasium □				
		20:00 – 20:45 Open Gym Gymnasium ◆				

Schedule is subject to change

◆ **Drop-in activity.** 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. Session registrations can be made in person, by phone or online.

To learn more about registering or booking your spot, visit ymcaottawa.ca/programs-and-schedules or call or visit your local Y. To reserve your spot online, [log in to your account](#). Group Fitness Classes welcome members 13 years and over.

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.