

# Gymnasium Schedule

July 7 – August 24, 2025

**HOURS** Mon. – Thu.: 06:30 – 20:00, Fri.: 06:30 – 19:00 | Sat., Sun. Statutory Holidays: 08:00 – 15:00

**HOLIDAYS:** August 4 - Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 08:30 <b>Open Gym</b> <i>Gymnasium</i> ◆	07:00 – 08:30 <b>Open Gym</b> <i>Gymnasium</i> ◆	07:00 – 08:30 <b>Open Gym</b> <i>Gymnasium</i> ◆	07:00 – 08:30 <b>Open Gym</b> <i>Gymnasium</i> ◆	07:00 – 08:30 <b>Open Gym</b> <i>Gymnasium</i> ◆	08:30 – 11:00 <b>Open Gym</b> <i>Gymnasium</i> ◆	08:00 – 12:00 <b>Open Gym</b> <i>Gymnasium</i> ◆
09:00 – 10:00 <b>Neighbourhood Day Camp</b>						
10:30 – 12:00 <b>Family Open Gym</b> <i>Gymnasium</i> Ages: 6Y+ ◆	10:30 – 12:00 <b>Family Soccer</b> <i>Gymnasium</i> Ages: 6Y+ ◆	10:30 – 12:00 <b>Family Pickleball</b> <i>Gymnasium</i> Ages: 6Y+ ◆	10:30 – 12:00 <b>Family Badminton</b> <i>Gymnasium</i> Ages: 6Y+ ◆	10:30 – 12:00 <b>Open Gym</b> Ages: 50Y+ ◆	11:15 – 12:45 <b>Family Open Gym</b> <i>Gymnasium</i> Ages: 6Y+ ◆	12:00 – 14:00 <b>Birthday Parties</b> <i>Gymnasium</i>
July 9: 14:30 – 15:30 July 16 – August 20: 12:30 – 14:00 <b>Neighbourhood Day Camp</b>						
14:30 – 17:00 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆	14:30 – 16:30 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆	14:30 – 17:00 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆	14:30 – 16:30 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆	14:30 – 16:30 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆	13:00 – 14:45 <b>Open Gym</b> ◆	14:00 – 14:45 <b>Open Gym</b> ◆
17:00 – 18:30 <b>Y Camp Express</b> <i>Gymnasium</i> Ages: 3Y-5Y/6Y-8Y ■	17:00 – 17:45 <b>Child Basketball</b> <i>Gymnasium</i> Ages: 6Y-8Y ■		17:00 – 17:45 <b>Pre-School Active Play</b> <i>Gymnasium</i> Ages: 3Y-5Y ■			
	18:00 – 18:45 <b>Pre-Teen Basketball</b> <i>Gymnasium</i> Ages: 9Y-12Y ■		18:00 – 18:45 <b>Child &amp; Pre-Teen Badminton or Pickleball</b> <i>Gymnasium</i> Ages: 6Y-12Y ■			
18:45 – 19:45 <b>Open Gym</b> ◆	19:00 – 19:45 <b>Open Gym</b> ◆	17:30 – 19:45 <b>Adult Open Gym</b> Ages: 18Y+ ◆	19:00 – 19:45 <b>Open Gym</b> ◆	17:00 – 18:45 <b>Open Gym</b> ◆		

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](http://ymcaottawa.ca/programs-and-schedules) or call or visit your local Y. To reserve your spot online, [log in to your account](#).

## Child and Youth Age and Access Policies

**Children 0Y-9Y** may use Y programs and facilities when accompanied by a parent or guardian over the age of 16Y. To ensure your child's safety, a parent/guardian must remain in the building while the child participates in a program. When the child is not in a program, they must be directly supervised by their parent/guardian at all times.

**Children aged 10Y-12Y** may access the facility without a parent. Children 10Y-12Y 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.

## Program Descriptions

### **Pre-School Active Play | Ages: 3Y – 5Y**

A great way to play, preschoolers join Y Staff in activities each week that encourage play, movement and fun. From playing with the big parachute, to relay races, participants will have opportunities to develop friendships and learn new games to play with friends and family. **Registration is required.**

### **Y Camp Express | Ages 3Y – 5Y / 6Y - 8Y**

The fun of summer camp all year long. Children take part in a range of traditional day camp activities such as sports, games and crafts. Your child will explore hidden talents and develop friendships. **Registration is required.**

### **Child and Pre-Teen Basketball**

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

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

**Registration is required.**

### **Child and Pre-Teen Pickleball or Badminton |**

#### **Ages: 6Y - 12Y**

Pickleball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. This program is for players of all ages and abilities. Focus is on participation and fun.

**Registration is required.**

### **Family Open Gym | Ages: 6Y +**

Why should kids get all the fun? Families join together in the gym for a time of games, sports and different physical activities created to foster a fun environment where everyone gets to be a kid. Parent/guardian supervision required for children under 10Y, participation encouraged.

### **Youth Open Gym | Ages: 12Y – 17Y**

Dedicated open gym time to play and have fun together while establishing a foundation for healthy, Y active living. Y staff will monitor activity and provide access to a variety of sports equipment.