

Gymnasium Schedule

July 7– August 24, 2025

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

HOLIDAYS: August 4 - Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 – 09:30 Open Gym ♦ <i>Gymnasium</i>	06:30 – 09:30 Open Gym ♦ <i>Gymnasium</i>	06:30 – 09:30 Open Gym ♦ <i>Gymnasium</i>	06:30 – 09:30 Open Gym ♦ <i>Gymnasium</i>	06:30 – 11:30 Open Gym ♦ <i>Gymnasium</i>	08:00 – 09:45 Open Gym ♦ <i>Gymnasium</i>	08:00 – 14:45 Open Gym ♦ <i>Gymnasium</i>
10:00 – 11:30 Badminton ♦ <i>Gymnasium</i>	10:00 – 11:30 Family Open Gym ♦ <i>Gymnasium</i>	10:00 – 11:30 Pickleball ♦ <i>Gymnasium</i>	10:00 – 11:30 Family Open Gym ♦ <i>Gymnasium</i>			
12:00 – 14:30 Open Gym ♦ <i>Gymnasium</i>	12:00 – 14:30 Open Gym ♦ <i>Gymnasium</i>	12:00 – 14:30 Open Gym ♦ <i>Gymnasium</i>	12:00 – 14:30 Open Gym ♦ <i>Gymnasium</i>	13:00 – 14:30 Open Gym ♦ <i>Gymnasium</i>	10:00 – 11:30 Family Open Gym ■ <i>Gymnasium</i> Ages: 6Y+	
15:00 – 17:30 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	15:00 – 17:15 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	15:00 – 17:30 Youth Open Gym ♦ <i>East Gymnasium</i> Ages: 13Y-17Y	15:00 – 17:15 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	14:30 – 16:00 Family Basketball ♦ <i>Gymnasium</i>		
	17:30 – 18:15 Child & Pre-Teen Basketball ■ <i>Gymnasium</i> Ages: 6Y-12Y	17:00-19:00 Gym and Swim □ <i>West Gymnasium:</i> 17:00-17:50, <i>Pool</i> 18:05-19:00 Ages: 6Y-9Y July 9, 16, 23, 30	17:30 – 18:15 Child & Pre-Teen Soccer ■ <i>Gymnasium</i> Ages: 6Y-12Y	16:30 – 18:30 Y Youth Nights □ <i>Gymnasium</i> Ages: 13Y-17Y	11:30 – 13:00 Youth Open Gym ♦ <i>Gymnasium</i> Ages: 13Y-17Y	
17:45 – 19:45 Adult Open Gym ♦ <i>Gymnasium</i> Ages: 18Y+		18:00 – 19:45 Adult Basketball ♦ <i>Gymnasium</i> Ages: 18Y+			13:15 – 14:45 Open Gym ♦ <i>Gymnasium</i>	
	18:30 – 19:45 Open Gym ♦ <i>Gymnasium</i>		18:30 – 19:45 Open Gym ♦ <i>Gymnasium</i>			

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 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

Badminton | Ages: 13Y+

A drop-in round of badminton awaits. Join us for your chance to make new friends and sharpen your skills. Registration is not required, drop-in any time the program is running.

Basketball | Ages: 18Y+

Join us for a recreational drop-in basketball game (or two). This is the perfect opportunity to stay active and meet friends in a friendly game of ball. Registration is not required.

Child & Pre-Teen Basketball | Ages: 6Y-12Y

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

Child and Pre-Teen Soccer | Ages: 6Y-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.

Family Open Gym

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. Families can bring their own suggestions of games and staff will provide equipment and guidance on activities each week.

Gym and Swim | Ages: 6Y - 9Y

A fun opportunity to enjoy a Gym and Pool combination program with a variety of land and water activities. All participants must bring active footwear for the gym and a swimsuit and towel for the pool. Program consists of 50 minutes in the gym and 50 minutes in pool. Program leaders will transition group from the gym to the pool and supervise changing into swimsuits. Drop off in gym, pick up on pool deck. Parent/Caregiver participation is not required. **Registration required.**

Open Gym

Gym accessible to all members who want to take part in recreational activities.

Pickleball | Ages: 12Y +

Pickleball is a fun, low-impact version of tennis played on the basketball court. Pickleball welcomes participants of any age, 12 and up, and any skill level.

Y Youth Nights | Ages: 13Y – 17Y

Friday night at the Y is youth night! Teens are welcome to hang out with friends and Y staff for different sports and activities each week, such as basketball, guided workouts, fitness and health tips, group fitness classes, special events, guest speakers and more.

Youth Open Gym | Ages: 13Y-17Y

A great place to hang out with your friends for fun and a variety of sports. Shoot some hoops, enjoy an indoor game of soccer or try something new!