

Gymnasium Schedule

December 1, 2025 – January 4, 2026

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

OPEN: 08:00 – 19:00 Dec 29, 30, Jan 2 | **08:00 – 15:00** Dec 27, 28 | **CLOSED:** December 24, 25, 26, 31, January 1, 3, 4

December 1 – December 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 – 17:15 Open Gym ♦	06:30 – 12:15 Open Gym ♦	06:30 – 11:45 Open Gym ♦	06:30 – 12:15 Open Gym ♦	06:30 – 13:45 Open Gym ♦	08:00 – 09:45 Open Gym ♦	08:00 – 09:45 Open Gym ♦
	12:30 – 15:30 Badminton ♦	12:00 – 14:00 Boreal College	12:30 – 15:30 Pickleball ♦	14:00 – 16:00 Boreal College	10:00 – 11:00 Birthday Party Rental □ <i>Gymnasium</i>	10:00 – 11:00 Birthday Party Rental □ <i>Gymnasium</i>
	16:00 – 17:00 Youth Open Gym ♦ Ages: 13Y-17Y	14:15 – 17:15 Open Gym ♦	16:00 – 17:00 Youth Open Gym ♦ Ages: 13Y-17Y	16:15 – 19:45 Open Gym ♦	11:30 – 15:45 Open Gym ♦	11:30 – 15:45 Open Gym ♦
17:30 – 18:30 Gym & Swim ♦ <i>Gymnasium: 17:30-18:25,</i> <i>Pool: 18:35-19:30</i> Ages: 6Y-9Y *Drop off in Gym Dec 1 Dec 8		17:30 – 18:15 Child & PreTeen Sports: Soccer / Rugby ♦ <i>Gymnasium</i> Ages: 6Y-12Y Dec 3 Dec 10				
17:30 – 18:30 Child & PreTeen Basketball ♦ <i>Gymnasium</i> Ages: 6Y-12Y Dec 15	17:30 – 19:30 Indoor Hockey Tournament ♦ <i>Gymnasium</i> 6Y-12Y (17:30-18:15) 13Y-17Y (18:30-19:30) Dec 9 only					
18:45 – 20:45 Open Gym ♦	19:45 – 20:45 Open Gym ♦	18:30 – 20:45 Open Gym ♦	17:30 – 20:45 Open Gym ♦			

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.

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](#).

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MON DEC 22	TUE DEC 23	WED DEC 24	THU DEC 25	FRI DEC 26	SAT DEC 27	SUN DEC 28
06:30 – 10:30 Open Gym ♦	06:30 – 12:15 Open Gym ♦	Christmas Eve CLOSED	Christmas Day CLOSED	Boxing Day CLOSED	08:00 – 14:45 Open Gym ♦	08:00 – 14:45 Open Gym ♦
11:00 – 15:00 Youth Open Gym ♦ <i>East Gymnasium</i>	12:30 – 15:30 Badminton ♦ <i>West Gymnasium</i>					
15:30 – 20:30 Open Gym ♦	16:00 – 20:30 Open Gym ♦					

MON DEC 29	TUE DEC 30	WED DEC 31	THU JAN 1	FRI JAN 2	SAT JAN 3	SUN JAN 4
08:00 – 10:00 Open Gym ♦	08:00 – 10:00 Open Gym ♦	New Year's Eve CLOSED	New Year's Day CLOSED	08:00 – 11:00 Open Gym ♦	Annual Maintenance CLOSED	Annual Maintenance CLOSED
10:00 – 12:00 Family Open Gym ♦ Ages: Parent & Child <i>Gymnasium</i>	10:00 – 12:00 Family Open Gym ♦ Ages: Parent & Child <i>Gymnasium</i>			11:15 – 14:15 Family Open Gym ♦		
12:15 – 14:15 Youth Open Gym ♦ Ages: 13Y-17Y <i>East Gymnasium</i>	12:30 – 15:30 Badminton ♦ <i>West Gymnasium</i>			14:30 – 18:30 Open Gym ♦		
14:30 – 18:30 Open Gym ♦	16:00 – 18:30 Open Gym ♦					

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Program Descriptions

Open Gym

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

Badminton

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.

Pickleball

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.

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.**

Child and Pre-Teen Sports; Soccer/Basketball Ages: 6Y–12Y

Take part in sports development. Y staff will monitor, and lead drills, activities and scrimmages. Soccer, Basketball, Badminton and Pickleball. Establishing a foundation for healthy, Y active living.

NEW Child and Pre-Teen Rugby| Ages : 6Y–12Y

Introduce your child to the fun, fast-paced world of rugby in a safe and supportive environment! Our program is a recreational program designed for all skill levels aged 6 to 12, with a focus on fun, fitness, and fundamental skills. Whether your child is new to rugby or already loves the game, this program is perfect for building confidence, teamwork, and coordination, all while making new friends and forming a community at the YMCA.

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!

Indoor Hockey Tournament | Ages: 6Y–12Y/ 13Y-17Y

Come join the fun at our Indoor Hockey Tournament! Whether you're a seasoned player or just looking to have a good time with friends, this tournament is all about fast-paced, exciting hockey action. All skill levels welcome.

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.