

## Gymnasium Schedule

January 5 – May 31, 2025

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

**HOLIDAYS:** **February 11, 12, 13 – Open 08:00 – 16:00** (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 07:45 <b>Open Gym</b> Gymnasium A ◆	07:00 – 07:45 <b>Open Gym</b> Gymnasium A ◆	07:00 – 07:45 <b>Open Gym</b> Gymnasium A ◆		07:00 – 07:45 <b>Open Gym</b> Gymnasium A ◆	08:00 – 09:00 <b>Open Gym</b> ◆	08:00 – 10:00 <b>Open Gym</b> ◆
15:45 – 17:45 <b>Youth Open Gym</b> Ages: 13Y-17Y Gymnasium A ◆	15:45 – 16:45 <b>Open Gym</b> ◆	15:45 – 17:45 <b>Youth Open Gym</b> Ages: 13Y-17Y Gymnasium A ◆	15:45 – 17:45 <b>Open Gym</b> ◆	15:45 – 17:45 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆	09:00-10:30 <b>CR Hoops</b> <b>Basketball Club</b> Ages: 8Y-14Y (Registration through City of Rockland)	10:15 - 11:30 <b>Family Basketball</b> Gymnasium A Ages: 6Y+ ◆
15:45 – 17:45 <b>Open Pickleball</b> Gymnasium B ◆	17:00 – 17:45 <b>Preschool Active Play</b> Gymnasium A Ages: 3Y-5Y ■	15:45 – 17:45 <b>Open Pickleball</b> Gymnasium B ◆	18:00-19:00 <b>Karate Beginner (White &amp; Yellow)</b> Ages: 6Y+ ■	18:00 – 18:45 <b>Child &amp; Pre-Teen Soccer</b> Gymnasium A Ages: 6Y-12Y ■	10:45 – 12:15 <b>Open Gym</b> ◆	10:15 - 11:30 <b>Family Pickleball</b> Gymnasium B Ages: 6Y+ ◆
18:00 – 18:45 <b>Child Soccer</b> Gymnasium A Ages: 6Y-8Y ■	17:00 – 17:45 <b>Child Active Play</b> Gymnasium B Ages: 6Y-12Y ■	18:00 – 18:45 <b>Child Basketball</b> Gymnasium A Ages: 6Y-8Y ■	19:00 – 20:00 <b>Karate Intermediate (Orange to Blue)</b> Ages: 6Y+ ■	18:00 – 18:45 <b>Child &amp; Pre-Teen Badminton/ Pickleball</b> Gymnasium B Ages: 6Y-12Y ■	12:30-13:45 <b>Family Soccer &amp; Badminton</b> Gymnasium Ages: 6Y+ ◆	12:00 – 14:00 <b>Birthday Parties</b> Rental Required
18:00 – 18:45 <b>Pre-Teen Soccer</b> Gymnasium B Ages: 9Y-12Y ■	18:00 – 19:00 <b>Karate Beginner (White &amp; Yellow)</b> Ages: 6Y+ ■	18:00 – 18:45 <b>Pre-Teen Basketball</b> Gymnasium B Ages: 9Y-12Y ■	20:00 – 20:45 <b>Karate Instructors</b>	19:00 – 19:45 <b>Youth Sports</b> Ages: 13Y-17Y ◆	14:00-15:45 <b>Open Gym</b> ◆	14:00 – 15:45 <b>Open Gym</b> ◆
19:00 – 19:45 <b>HIIT</b> Ages: 13Y+ ■	19:00 – 20:00 <b>Karate Intermediate (Orange to Blue)</b> Ages: 6Y+ ■	19:00 – 19:45 <b>Bootcamp</b> Ages: 13Y+ ■				
20:00-20:45 <b>Open Gym</b> ◆	20:00 – 20:45 <b>Karate Instructors</b>	20:00-20:45 <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](http://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, 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 longs 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

### **Bootcamp | Ages: 13Y +**

An intense, full body workout designed to build strength and improve overall fitness. This class challenges participants with variety, speed, drills, and cardio segments.

### **Child Active Play | Ages: 6Y - 8Y**

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. 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 & Pre-Teen Badminton/Pickleball | 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.

### **Child / Pre-Teen Indoor Soccer | Ages: 6Y-8Y / 6Y-12Y / 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.

### **HIIT | Ages: 13Y +**

Get ready to sweat, burn, and push your limits! This High-Intensity Interval Training (HIIT) class combines short bursts of intense exercise with brief recovery periods to maximize calorie burn, improve endurance, and boost metabolism. Each session features a mix of cardio, strength, and bodyweight exercises designed to challenge all fitness levels. Whether you're looking to tone up, slim down, or just feel stronger, this fast-paced, high-energy workout delivers results – fast!

### **Family Karate – Beginner | Ages: 6Y+**

Fun and fitness for the whole family. This beginner Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. No experience required. **Registration is required.**

### **Grizzlies Basketball Club | Ages: 15Y-19Y**

The YMCA is stepping up it's Basketball game with our new partnership with the Rockland Grizzlies. A Youth Basketball club that meets to practice drills and plays 4 hours a week. All to work towards eventual participation in out of town tournaments and competitions.

### **Family Karate – Intermediate | Ages: 9Y+**

Fun and fitness for the whole family. This intermediate Karate course is open to children, youth, adults and families working on blue to orange belts. Students learn respect, self-discipline and self-defense techniques. Yellow belts and above.

#### **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.

### **Family Pickleball | Ages: 6Y +**

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.

### **Family Tae Kwon Do – Beginner & Intermediate/Advanced | Ages: 6Y+**

Perfect for anyone aged 6 and up, this dynamic program is led by qualified instructors from the renowned Tae E. Lee Taekwondo School (an official World Taekwondo affiliated school celebrating its 47th anniversary in Ottawa). Dive into a world of excitement and transformation as you build fitness, boost self-confidence, master discipline, sharpen concentration, and enhance your overall well-being. Join us and start your journey of mastery in the art of Tae Kwon Do. **Registration is required and no experience necessary**

### **Open Gym**

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

### **Preschool 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.**

### **Youth Open Gym | Ages: 13Y – 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.

### **Youth Sports| Ages: 13Y-17Y**

Teens are welcome to hang out with friends and Y staff for different sports and activities each week.