

Gymnasium Schedule

January 5 – May 31, 2026

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

HOLIDAYS: Feb 14,15,16 (Family Day) April 3,4,5 (Easter) May 16, 17, 18 (Victoria Day)
(No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 – 12:00 Open Gym ♦	06:30 – 10:00 Open Gym ♦	06:30 – 10:15 Open Gym ♦	06:30 – 12:00 Open Gym ♦	06:30 – 13:45 Open Gym ♦	08:00 – 09:45 Open Gym ♦	08:00 – 9:45 Open Gym ♦
	10:15 – 11:30 YMCA Programs <i>Gymnasium</i>	10:30 – 12:30 Boreal College <i>Gymnasium</i>			10:00 – 11:00 Birthday Party Rental □ <i>Gymnasium</i>	10:00 – 11:00 Birthday Party Rental □ <i>Gymnasium</i>
	12:30 – 15:30 Badminton ♦ <i>Gymnasium</i>	12:45 – 15:45 Open Gym ♦	12:30 – 15:30 Pickleball ♦ <i>Gymnasium</i>	14:00 – 16:00 Boreal College <i>Gymnasium</i>	11:30 – 15:45 Open Gym ♦	11:30 – 15:30 Open Gym ♦
16:00 – 17:15 Youth Open Gym ♦ Ages: 13Y-17Y	16:00 – 17:15 Youth Open Gym ♦ Ages: 13Y-17Y	16:00 – 17:15 Youth Open Gym ♦ Ages: 13Y-17Y		16:15 – 19:45 Open Gym ♦		
17:30 – 18:15 YMCA Programs <i>Gymnasium</i>		17:30 – 18:15 YMCA Programs <i>Gymnasium</i>	17:00 – 18:00 YMCA Programs <i>Gymnasium</i>			
		18:30 – 19:30 YMCA Programs Gymnasium 2nd and 4th week of every month	18:00 – 19:30 Open Gym ♦			
18:30 – 20:45 Open Gym ♦	17:30 – 20:45 Intramural Basketball ♦	19:30 – 20:45 Soccer ♦	19:30 – 20:45 Women's ONLY 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.

■ **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](#).

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

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!

Open Gym

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

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.

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.

Intermural Basketball

Join us for 3v3 Intramural Basketball, a fun, fast-paced version of the game that's perfect for players of all skill levels! This pickup-style league focuses on teamwork, friendly competition, and staying active.

Women's Open Gym

The gym is open exclusively to women who wish to take part in recreational activities. Enjoy access to the court and equipment for casual games, skill practice, or individual workouts in a comfortable and inclusive environment.

January: Soccer/ Badminton

February: Basketball/ Pickleball

March: Rugby

April: Badminton/Pickleball

May: Basketball/Soccer

Soccer

A casual round of indoor soccer awaits! Join us for your chance to make new friends, stay active, and sharpen your skills. All levels of experience are welcome — just bring your energy and enthusiasm. Registration is not required; drop in anytime the program is running.