

Gymnasium Schedule

August 24 – September 6, 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 9:00 17:00 – 18:45 20:00 – 20:45 Open Gym ♦	07:00 – 9:00 17:00 – 20:45 Open Gym ♦	07:00 – 9:00 17:00 – 20:45 Open Gym ♦	07:00 – 9:00 17:00 – 18:45 20:00 – 20:45 Open Gym ♦	07:00 – 9:00 15:45 – 19:45 Open Gym ♦	08:00 – 15:45 Open Gym ♦	08:00 – 15:45 Open Gym ♦
15:45 – 16:45 Youth Open Gym ♦ Ages: 13Y-17Y	15:45 – 16:45 Youth Open Gym ♦ Ages: 13Y-17Y	15:45 – 16:45 Youth Open Gym ♦ Ages: 13Y-17Y	15:45 – 16:45 Youth Open Gym ♦ Ages: 13Y-17Y			
19:00 – 19:45 HIIT ♦ <i>Gymnasium</i> Ages: 13Y+			19:00 – 19:45 Bootcamp ♦ <i>Gymnasium</i> Ages: 13Y+			

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 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

Program Descriptions

Open Gym

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

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!