

Gymnasium Schedule

June 29 - September 6, 2026

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

HOLIDAYS: July 1 – CLOSED, August 3 - CLOSED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 – 10:15 12:15 – 17:45 19:15 – 20:45 Open Gym ♦	06:30 – 10:15 14:15 – 17:45 19:45 – 20:45 Open Gym ♦	06:30 – 10:15 14:15 – 16:45 18:15 – 20:45 Open Gym ♦	06:30 – 10:15 14:15 – 17:15 18:30 – 20:45 Open Gym ♦	06:30 – 10:15 12:15 – 19:45 Open Gym ♦	08:00 – 15:45 Open Gym ♦	08:00 – 15:30 Open Gym ♦
10:30 – 12:00 YMCA Camps	10:30 – 12:00 YMCA Camps	10:30 – 12:00 YMCA Camps	10:30 – 12:00 YMCA Camps	10:30 – 12:00 YMCA Camps		
	12:30 – 14:00 Youth Open Gym ♦ Ages: 13Y-17Y	12:30 – 14:00 Youth Open Gym ♦ Ages: 13Y-17Y	12:30 – 14:00 Youth Open Gym ♦ Ages: 13Y-17Y			
		14:30 – 16:00 YMCA Programs Gymnasium 2nd and 4th week of every month				
18:00 – 19:00 YMCA Programs Gymnasium	18:00 – 19:30 YMCA Programs Gymnasium	17:00 – 18:00 YMCA Programs Gymnasium	17:30 – 18:15 YMCA Programs Gymnasium			

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](#).

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

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!

Family (Soccer, Basketball) | Ages: Parent & Child

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. Parent/guardian supervision required for children under 10Y, participation encouraged.