

# Gymnasium Schedule

## September 7 - November 29, 2026

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

**HOLIDAYS:** Monday, September 7 (Labour Day) – Closed, Monday, October 12 (Thanksgiving) - No programs

| MONDAY                                                               | TUESDAY                                                              | WEDNESDAY                                                                    | THURSDAY                                                                                      | FRIDAY                                               | SATURDAY                                                        | SUNDAY                                                                  |
|----------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------|
| 06:30 – 15:30<br>17:30 – 18:30<br>19:30 – 20:45<br><b>Open Gym ♦</b> | 06:30 – 12:45<br>17:30 – 18:15<br>20:00 – 20:45<br><b>Open Gym ♦</b> | 06:30 – 15:30<br>18:45 – 19:15<br><b>Open Gym ♦</b>                          | 06:30 – 15:30<br><b>Open Gym ♦</b>                                                            | 06:30 – 08:45<br>16:00 – 19:45<br><b>Open Gym ♦</b>  | 08:00 – 9:45<br>12:15 – 15:45<br><b>Open Gym ♦</b>              | 08:00 – 11:45<br>13:15 – 15:30<br><b>Open Gym ♦</b>                     |
|                                                                      | 13:00-15:00<br><b>Boreal College<br/>Gymnasium</b>                   |                                                                              | 17:00 – 18:00<br><i>1st and 3rd week<br/>of every month</i><br><b>Open Gym</b>                | 09:00 – 15:00<br><b>Boreal College<br/>Gymnasium</b> | 10:00 – 12:00<br><b>Family Soccer ♦</b><br>Ages: Parent & Child | 12:00 – 13:00<br><b>Birthday<br/>Party Rental □</b><br><i>Gymnasium</i> |
| 16:00 – 17:15<br><b>Youth Open<br/>Gym ♦</b><br>Ages: 13Y-17Y        | 16:00 – 17:15<br><b>Youth Open<br/>Gym ♦</b><br>Ages: 13Y-17Y        | 16:15 – 17:15<br><b>Youth Volleyball<br/>&amp; Soccer ■</b><br>Ages: 13Y-17Y |                                                                                               |                                                      |                                                                 |                                                                         |
| 18:30 – 19:15<br><b>YMCA Programs<br/>Gymnasium</b>                  | 18:45 – 19:45<br><b>YMCA Programs<br/>Gymnasium</b>                  | 17:30 – 18:30<br><b>YMCA Programs<br/>Gymnasium</b>                          | 17:00 – 18:00<br><b>YMCA Programs<br/>Gymnasium</b><br><br>2nd and 4th week<br>of every month |                                                      |                                                                 |                                                                         |
|                                                                      |                                                                      | 19:30 – 20:45<br><b>Soccer ♦</b>                                             | 18:30 – 20:45<br><b>Basketball ♦</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.** All group fitness classes are included in a Y membership. Session fee required for non-members. 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](#).

## 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.

### 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.

### Basketball

Hit the court with friends for a fun and active drop-in basketball session! Whether you're looking to shoot hoops, practice your skills, or enjoy a friendly pickup game, this open gym is the perfect place to stay active, build confidence, and have fun in a welcoming environment. All skill levels are welcome.

### 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!

### Youth Volleyball & Soccer | Age: 13Y – 17Y

Enjoy a structured recreation program that alternates between volleyball and soccer each week, giving participants the opportunity to develop skills in both sports. Sessions include skill-building drills, practice activities, and game play in a fun, supportive environment. Whether you're trying a sport for the first time or looking to improve your technique, this program is a great way to stay active, build confidence, and have fun. All skill levels are welcome, and no prior experience is necessary. **Registration is required.**

### Family Soccer | 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.