



# Gymnasium Schedule

January 6 – March 9, 2025

**HOURS** Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00  
**HOLIDAYS:** February 15, 16, 17 (Family Day Weekend) Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 08:30 <b>Open Gym</b> Gymnasium ◆	07:00 – 08:30 <b>Open Gym</b> Gymnasium ◆	07:00 – 08:30 <b>Open Gym</b> Gymnasium ◆	07:00 – 08:30 <b>Open Gym</b> Gymnasium ◆	07:00 – 08:30 <b>Open Gym</b> Gymnasium ◆	08:00 – 09:00 <b>Open Gym</b> Gymnasium ◆	08:00 – 09:30 <b>Open Gym</b> Gymnasium ◆
15:45 – 17:30 <b>Youth Open Gym</b> Gymnasium Ages: 13Y-17Y ◆		15:45 – 17:45 <b>Youth Open Gym</b> Gymnasium Ages: 13Y-17Y ◆	15:45 – 17:30 <b>Youth Open Gym</b> Gymnasium Ages: 13Y-17Y ◆	15:45 – 17:45 <b>Open Gym</b> Gymnasium ◆		09:45 – 11:15 <b>Family Basketball</b> Gymnasium #1 Ages: 6Y+ ◆
	16:45 – 17:30 <b>Pre-School Active Play</b> Gymnasium Ages: 3Y-5Y ■				12:00 – 13:00 <b>Family Badminton &amp; Pickleball</b> Gymnasium #1 & #2 Ages: 6Y+ ■	09:45 – 11:15 <b>Family Pickleball</b> Gymnasium #2 Ages: 6Y+ ◆
18:00 – 18:45 <b>Child &amp; Pre-Teen Soccer</b> Gymnasium Ages: 6Y-12Y ■	18:00 – 19:00 <b>Karate Beginner (White &amp; Yellow)</b> Ages: 6Y+ ■	18:00 – 18:45 <b>Child &amp; Pre-Teen Basketball</b> Gymnasium Ages: 6Y-12Y ■	18:00 – 19:00 <b>Karate Beginner (White &amp; Yellow)</b> Ages: 6Y+ ■	18:00 – 19:45 <b>Youth Night</b> Gymnasium Ages: 13Y-17Y ◆		11:30 – 13:30 <b>Youth Open Gym</b> Gymnasium Ages: 13Y-17Y ◆
19:00 – 19:45 <b>Bootcamp</b> Gymnasium ■	19:00 – 20:00 <b>Karate Intermediate (Orange &amp; Blue)</b> Ages: 6Y+ ■	19:00 – 19:45 <b>Child &amp; Pre-Teen Pickleball / Badminton</b> Gymnasium #1 Ages: 6Y-12Y ■	19:00 – 20:00 <b>Karate Intermediate (Orange &amp; Blue)</b> Ages: 6Y+ ■		13:15 – 14:30 <b>Youth Open Gym</b> Gymnasium Ages: 13Y-17Y ◆	13:45 – 15:45 <b>Open Gym</b> Gymnasium ◆
20:00 – 20:45 <b>Open Gym</b> Gymnasium ◆	20:00 – 20:45 <b>Karate Advanced (Brown &amp; Black)</b> Ages: 6Y+ ■	20:00 – 20:45 <b>Open Gym</b> Gymnasium ◆	20:00 – 20:45 <b>Karate Advanced (Brown &amp; Black)</b> Ages: 6Y+ ■		14:45 – 15:45 <b>Open Gym</b> Gymnasium Ages: 6Y+ ◆	

Schedule is subject to change

To learn more about registering, visit [ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/](http://ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/) or call or visit your local Y.

Session registrations can be made in person, by phone or online. To reserve your spot online, [log in to your account](#).

◆ **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. For full membership details, visit [ymcaottawa.ca/health-fitness/how-to-join](http://ymcaottawa.ca/health-fitness/how-to-join). Session registrations can be made in person, by phone or online.

**Child and Youth Age and Access Policies**

Children under 10 years must be accompanied by a parent/ guardian who is 16 years or older and remain in the same program space with the parent/guardian at all times (unless child is participating in a Y staff-led program).

Children aged 10-12 years may access 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.