



# Gymnasium Schedule

September 9 – December 22, 2024

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

**HOLIDAYS:** October 12, 13, 14 (Thanksgiving Weekend) Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15:45 – 17:45 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆		15:45 – 17:45 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆		15:45 – 17:45 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆	08:00 – 10:00 <b>Open Gym</b> Age: 6Y+ ◆	08:00 – 10:00 <b>Open Gym</b> Age: 6Y+ ◆
18:00 – 18:45 <b>Child Active Play</b> Gymnasium #1 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 #1 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 Soccer</b> Gymnasium #1 Ages: 6Y-12Y ■	09:15 – 10:15 <b>Family Tae Kwon Do – Beginners</b> Ages: 6Y+ ■	10:15-11:30 <b>Family Basketball</b> Gymnasium #1 Ages: 6Y+ ◆
18:00 – 18:45 <b>Pre-School Active Play</b> Gymnasium #2 Ages: 3Y-5Y ■	19:00 – 20:00 <b>Karate Intermediate (Orange &amp; Blue)</b> Ages: 6Y+ ■	18:00 – 18:45 <b>Child &amp; Pre-Teen Soccer</b> Gymnasium #2 Ages: 6Y-12Y ■	19:00 – 20:00 <b>Karate Intermediate (Orange &amp; Blue)</b> Ages: 6Y+ ■	18:00 – 18:45 <b>Child &amp; Pre-Teen Pickleball</b> Gymnasium #2 Ages: 6Y-12Y ■	10:30 – 11:30 <b>Family Tae Kwon Do – Intermediate</b> Ages: 6Y+ ■	10:15-11:30 <b>Family Pickleball</b> Gymnasium #2 Ages: 6Y+ ◆
19:00 – 19:45 <b>Bootcamp</b> Ages: 18Y+ ■	20:00 – 20:45 <b>Karate Advanced (Brown &amp; Black)</b> Ages: 6Y+ ■	19:00 – 19:45 <b>Child &amp; Pre-Teen Pickleball</b> Gymnasium #1 Ages: 6Y-12Y ■	20:00 – 20:45 <b>Karate Advanced (Brown &amp; Black)</b> Ages: 6Y+ ■	19:00 – 19:45 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆	11:45 – 13:00 <b>Family Soccer</b> Gymnasium #2 Ages: 6Y+ ◆	11:45 – 13:45 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆
20:00 – 20:45 <b>Open Gym</b> Ages: 6Y+ ◆		19:00 – 19:45 <b>Child &amp; Pre-Teen Badminton</b> Gymnasium #2 Ages: 6Y-12Y ■			13:15 - 14:30 <b>Youth Open Gym</b> Ages: 13Y-17Y ◆	14:00 – 15:45 <b>Open Gym</b> Ages: 6Y+ ◆
		20:00 – 20:45 <b>Open Gym</b> Ages: 6Y+ ◆			14:45 – 15:45 <b>Open Gym</b> Ages: 6Y+ ◆	

◆ **Drop-in program.** 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.

To learn more about booking or registering your spot, visit [ymcaottawa.ca](http://ymcaottawa.ca) or call or visit your local Y. Schedule is subject to change.

# Program Descriptions

## **Child/Pre-Teen/Family Pickleball | Ages: 6Y +**

Pickleball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. This program is for players of all ages and abilities. Focus is on participation and fun.

## **Open Gym & Family Open Gym | Ages: 6Y +**

Dedicated open gym time to play and have fun together while establishing a foundation for healthy, active living. Y staff will monitor activity and provide access to a variety of sports equipment.

## **Youth Open Gym | Ages: 12Y – 17Y**

Dedicated open gym time to play and have fun together while establishing a foundation for healthy, Y active living. Y staff will monitor activity and provide access to a variety of sports equipment.

## **Child Active Play | Ages: 6Y - 8Y**

A fun introduction to active play that develops the ABC's of movement – Agility, Balance and Coordination. Building on fundamental movement skills such as running, jumping and throwing, children will be exposed to a variety of sports while learning that physical activity is an exciting part of everyday life. Registration is required.

## **Y Youth Night | Ages: 13Y-17Y**

Teens are welcome to hang out with friends and Y staff for different sports and activities each week, such as basketball, guided workouts, fitness and health tips, group fitness classes, special events, guest speakers and more.

## **Child / Pre-Teen Indoor Soccer | Ages: 6Y-8Y / 9Y-12Y**

Take part in soccer skill development. Focus is on fun, participation, team work and fair play. Staff will lead children through warm ups and drills to develop fundamental soccer skills. Game oriented activities will be a part of the program. No previous playing experience required.

## **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.