1-1525 Du Parc Avenue, Rockland, ON K4K 1C3 Tel.: 613-446-7679

ymcaottawa.ca

Gymnasium Schedule

March 10 - March 16, 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 09:00 Open Gym Gymnasium A ◆	07:00 − 09:00 Open Gym ◆	07:00 − 09:00 Open Gym <i>Gymnasium A</i>	07:00 − 09:00 Open Gym ◆	07:00 − 09:00 Open Gym <i>Gymnasium A</i>	08:00 − 11:00 Open Gym	08:00 - 11:00 Pickleball Ages: 13Y+
07:00 - 09:00 Pickleball Gymnasium B ◆		07:00 - 09:00 Pickleball Gymnasium B		07:00 - 09:00 Pickleball Gymnasium B	11:15 - 13:15 Youth Open Gym Ages: 13Y-17Y ◆	11:15 - 13:15 Youth Open Gym Ages: 13Y-17Y ◆
09:15 – 11:15 March Break Camp ■					13:30 − 15:45 Open Gym	13:30 − 15:45 Open Gym ◆
11:30 - 13:30 Family Basketball Gymnasium Ages: Parent & Child	11:30 - 13:30 Family Active Play Gymnasium Ages: Parent & Child ◆	11:30 - 13:30 Family Pickleball Gymnasium Ages: Parent & Child	11:30 - 13:30 Family Badminton Gymnasium Ages: Parent & Child •	11:30 - 13:30 Family Soccer Gymnasium Ages: Parent & Child ◆		
		13:45 – 15:30 March Break Cam	р 🖷			
15:45 – 17:45 Youth Basketball Gymnasium Ages: 13Y-17Y ◆	15:45 - 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	15:45 – 17:45 Youth Pickleball Gymnasium B Ages: 13Y-17Y	15:45 - 17:45 Youth Badminton Gymnasium B Ages: 13Y-17Y ◆	15:45 - 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆		
		15:45 − 17:45 Youth Open Gym Gymnasium A Ages: 13Y-17Y ◆	15:45 − 17:45 Youth Open Gym Gymnasium A Ages: 13Y-17Y ◆			
18:00 - 20:45 Open Gym	18:00 - 20:45 Open Gym	18:00 - 20:45 Open Gym	18:00 - 20:45 Open Gym	18:00 - 19:45 Open Gym		

Schedule is subject to change

- ◆ **Drop-in activity.** Day pass fee required for non-members.
- March Break Camp registration 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 longs 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.