

Gymnasium Schedule

March 17 – June 1, 2025

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

HOLIDAYS: April 18, 19, 20 (Easter Weekend), May 17, 18, 19 (Victoria Day Weekend) – **Open 08:00 – 16:00**
 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 08:30 Open Gym Gymnasium ◆	07:00 – 08:30 Open Gym Gymnasium ◆	07:00 – 08:30 Open Gym Gymnasium ◆	07:00 – 08:30 Open Gym Gymnasium ◆	07:00 – 08:30 Open Gym Gymnasium ◆	08:00 – 09:30 Open Gym Gymnasium ◆	08:00 – 09:30 Open Gym Gymnasium ◆
15:45 – 16:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆		15:45 – 16:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	15:45 – 17:30 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	15:45 – 17:45 Open Gym Gymnasium ◆		09:30 – 11:00 Family Basketball Gymnasium A Ages: 6Y+ ◆
17:00 – 17:45 Child Soccer Gymnasium Ages: 6Y-8Y ■	16:45 – 17:30 Pre-School Active Play Gymnasium Ages: 3Y-5Y ■	17:00 – 17:45 Child Basketball Gymnasium Ages: 6Y-8Y ■			12:00 – 13:00 Family Badminton Gymnasium Ages: 6Y+ ■	09:30 – 11:00 Family Pickleball Gymnasium B Ages: 6Y+ ◆
18:00 – 18:45 Pre-Teen Soccer Gymnasium Ages: 9Y-12Y ■	18:00 – 19:00 Karate Beginner (White & Yellow) Ages: 6Y+ ■	18:00 – 18:45 Pre-Teen Basketball Gymnasium Ages: 9Y-12Y ■	18:00 – 19:00 Karate Beginner (White & Yellow) Ages: 6Y+ ■	18:00 – 19:45 Youth Night Gymnasium Ages: 13Y-17Y ◆		11:30 – 13:30 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆
19:00 – 19:45 Bootcamp Gymnasium ■	19:00 – 20:00 Karate Intermediate (Orange & Blue) Ages: 6Y+ ■	19:00 – 19:45 Child & Pre-Teen Pickleball / Badminton Gymnasium A Ages: 6Y-12Y ■	19:00 – 20:00 Karate Intermediate (Orange & Blue) Ages: 6Y+ ■		13:15 – 14:30 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	13:45 – 15:45 Open Gym Gymnasium ◆
20:00 – 20:45 Open Gym Gymnasium ◆	20:00 – 20:30 Karate Instructors (Brown & Black) Ages: 6Y+ ■	20:00 – 20:45 Open Gym Gymnasium ◆	20:00 – 20:30 Karate Instructors (Brown & Black) Ages: 6Y+ ■		14:45 – 15:45 Open Gym Gymnasium Ages: 6Y+ ◆	

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.** Session fee required for members and non-members. Note: Two free registered programs are included per session in a Y membership. Some exceptions apply. 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 or call or visit your local Y. To reserve your spot online, [log in to your account](#). Group Fitness Classes welcome members 13 years and over.

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.