



Holiday Schedule

December 23 – 29, 2024

HOURS Dec. 23, Jan. 2, Jan. 3: 06:30 – 21:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00
HOLIDAYS: Dec. 27, Dec. 30 **Open 08:00 – 16:00** | Dec. 24, Dec. 25, Dec. 26, Dec. 31, Jan. 1 **Closed**

Group Fitness

MON, DEC 23	TUE, DEC 24	WED, DEC 25	THU, DEC 26	FRI, DEC 27	SAT, DEC 28	SUN, DEC 29
09:00 – 09:45 Aqua Fit Pool <input type="checkbox"/>	Christmas Eve CLOSED	Christmas Day CLOSED	Boxing Day CLOSED	10:00 – 10:45 Aqua Fit Pool <input type="checkbox"/>	09:00 – 09:45 Yoga/Pilates Fusion Studio <input type="checkbox"/>	
11:00 – 11:45 Total Body Workout Studio <input type="checkbox"/>						

Child, Youth and Family

MON, DEC 23	TUE, DEC 24	WED, DEC 25	THU, DEC 26	FRI, DEC 27	SAT, DEC 28	SUN, DEC 29
10:00 – 12:00 Family Open Gym Gymnasium	Christmas Eve CLOSED	Christmas Day CLOSED	Boxing Day CLOSED	08:30 – 10:30 Family Open Gym Gymnasium	08:30 – 10:30 Family Open Gym Gymnasium	08:30 – 10:30 Family Open Gym Gymnasium
14:00 – 16:00 Youth Open Gym Gymnasium				11:00 – 13:00 Youth Open Gym Gymnasium	11:00 – 13:00 Youth Open Gym Gymnasium	11:00 – 13:00 Youth Open Gym Gymnasium

Gymnasium

MON, DEC 23	TUE, DEC 24	WED, DEC 25	THU, DEC 26	FRI, DEC 27	SAT, DEC 28	SUN, DEC 29
06:45 – 09:45 Open Gym Gymnasium	Christmas Eve CLOSED	Christmas Day CLOSED	Boxing Day CLOSED			
10:00 – 12:00 Family Open Gym Gymnasium				08:30 – 10:30 Family Open Gym Gymnasium	08:30 – 10:30 Family Open Gym Gymnasium	08:30 – 10:30 Family Open Gym Gymnasium
12:15 – 14:15 Open Gym Gymnasium				11:00 – 13:00 Youth Open Gym Gymnasium	11:00 – 13:00 Youth Open Gym Gymnasium	11:00 – 13:00 Youth Open Gym Gymnasium
14:30 – 16:30 Youth Open Gym Gymnasium				13:30 – 15:30 Open Gym Gymnasium	13:30 – 15:30 Open Gym Gymnasium	13:30 – 15:30 Open Gym Gymnasium
16:45 – 20:45 Open Gym Gymnasium						

Schedule is subject to change

To learn more about registering, visit 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](#).

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.



Holiday Schedule

December 30, 2024 – January 5, 2025

HOURS Dec. 23, Jan. 2, Jan. 3: 06:30 – 21:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00
HOLIDAYS: Dec. 27, Dec. 30 **Open 08:00 – 16:00** | Dec. 24, Dec. 25, Dec. 26, Dec. 31, Jan. 1 **Closed**

Group Fitness

MON, DEC 30	TUE, DEC 31	WED, JAN 1	THU, JAN 2	FRI, JAN 3	SAT, JAN 4	SUN, JAN 5
10:00 – 10:45 Aqua Fit Pool <input type="checkbox"/>	New Years Eve CLOSED	New Years Day CLOSED		09:00 – 09:45 Aqua Fit Pool <input type="checkbox"/>		10:00 – 11:00 Yoga & Meditation Studio <input type="checkbox"/>
			17:30 – 18:15 Cardio Kick Boxing Studio <input type="checkbox"/>			

Child, Youth and Family

MON, DEC 30	TUE, DEC 31	WED, JAN 1	THU, JAN 2	FRI, JAN 3	SAT, JAN 4	SUN, JAN 5
08:30 – 10:30 Family Open Gym Gymnasium	New Years Eve CLOSED	New Years Day CLOSED	10:00 – 12:00 Family Open Gym Gymnasium	10:00 – 12:00 Family Open Gym Gymnasium	08:30 – 10:30 Family Open Gym Gymnasium	08:30 – 10:30 Family Open Gym Gymnasium
11:00 – 13:00 Youth Open Gym Gymnasium			14:00 – 16:00 Youth Open Gym Gymnasium	14:00 – 16:00 Youth Open Gym Gymnasium	11:00 – 13:00 Youth Open Gym Gymnasium	11:00 – 13:00 Youth Open Gym Gymnasium

Gymnasium

MON, DEC 30	TUE, DEC 31	WED, JAN 1	THU, JAN 2	FRI, JAN 3	SAT, JAN 4	SUN, JAN 5
	New Years Eve CLOSED	New Years Day CLOSED	06:45 – 09:45 Open Gym Gymnasium	06:45 – 09:45 Open Gym Gymnasium		
08:30 – 10:30 Family Open Gym Gymnasium			10:00 – 12:00 Family Open Gym Gymnasium	10:00 – 12:00 Family Open Gym Gymnasium	08:30 – 10:30 Family Open Gym Gymnasium	08:30 – 10:30 Family Open Gym Gymnasium
11:00 – 13:00 Youth Open Gym Gymnasium			12:15 – 14:15 Open Gym Gymnasium	12:15 – 14:15 Open Gym Gymnasium	11:00 – 13:00 Youth Open Gym Gymnasium	11:00 – 13:00 Youth Open Gym Gymnasium
13:30 – 15:30 Open Gym Gymnasium			14:30 – 16:30 Youth Open Gym Gymnasium	14:30 – 16:30 Youth Open Gym Gymnasium	13:30 – 15:30 Open Gym Gymnasium	13:30 – 15:30 Open Gym Gymnasium
			16:45 – 20:45 Open Gym Gymnasium	16:45 – 20:45 Open Gym Gymnasium		

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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.