



# 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
08:45 – 09:45 <b>Young at Heart</b> Studio B <input type="checkbox"/>	Christmas Eve <b>CLOSED</b>	Christmas Day <b>CLOSED</b>	Boxing Day <b>CLOSED</b>	08:45 – 09:45 <b>Young at Heart</b> Studio B <input type="checkbox"/>	10:00 – 10:45 <b>HIIT</b> Studio <input type="checkbox"/>	10:00 – 10:45 <b>Total Body Workout</b> Studio <input type="checkbox"/>
				09:45 – 10:30 <b>Aqua Fit</b> Pool <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 <b>Family Open Gym</b> Gymnasium	Christmas Eve <b>CLOSED</b>	Christmas Day <b>CLOSED</b>	Boxing Day <b>CLOSED</b>	08:30 – 10:30 <b>Family Open Gym</b> Gymnasium	08:30 – 10:30 <b>Family Open Gym</b> Gymnasium	08:30 – 10:30 <b>Family Open Gym</b> Gymnasium
12:00 – 15:00 <b>Kid's Zone</b> (Parent supervision required)				09:00 – 15:00 <b>Kid's Zone</b> (Parent supervision required)	09:00 – 15:00 <b>Kid's Zone</b> (Parent supervision required)	09:00 – 15:00 <b>Kid's Zone</b> (Parent supervision required)
14:00 – 16:00 <b>Youth Open Gym</b> Gymnasium				11:00 – 13:00 <b>Youth Open Gym</b> Gymnasium	11:00 – 13:00 <b>Youth Open Gym</b> Gymnasium	11:00 – 13:00 <b>Youth Open Gym</b> 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 <b>Open Gym</b> Gymnasium	Christmas Eve <b>CLOSED</b>	Christmas Day <b>CLOSED</b>	Boxing Day <b>CLOSED</b>			
10:00 – 12:00 <b>Family Open Gym</b> Gymnasium				08:30 – 10:30 <b>Family Open Gym</b> Gymnasium	08:30 – 10:30 <b>Family Open Gym</b> Gymnasium	08:30 – 10:30 <b>Family Open Gym</b> Gymnasium
12:15 – 14:15 <b>Open Gym</b> Gymnasium				11:00 – 13:00 <b>Youth Open Gym</b> Gymnasium	11:00 – 13:00 <b>Youth Open Gym</b> Gymnasium	11:00 – 13:00 <b>Youth Open Gym</b> Gymnasium
14:00 – 16:00 <b>Youth Open Gym</b> Gymnasium				13:30 – 15:30 <b>Open Gym</b> Gymnasium	13:30 – 15:30 <b>Open Gym</b> Gymnasium	13:30 – 15:30 <b>Open Gym</b> Gymnasium
19:45 – 20:45 <b>Open Gym</b> Gymnasium						

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](#).

**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
	New Years Eve CLOSED	New Years Day CLOSED			10:00 – 10:45 HIIT 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
12:00 – 15:00 Kid's Zone <i>(Parent supervision required)</i>			12:00-15:00 Kid's Zone <i>(Parent supervision required)</i>	12:00-15:00 Kid's Zone <i>(Parent supervision required)</i>	09:00-15:00 Kid's Zone <i>(Parent supervision required)</i>	09:00 – 15:00 Kid's Zone <i>(Parent supervision required)</i>
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		
13:30-15:30 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
			19:45-20:45 Open Gym Gymnasium	19:45-20:45 Open Gym Gymnasium	13:30-15:30 Open Gym Gymnasium	13:30-15:30 Open Gym Gymnasium

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](#).

**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.