



Gymnasium Schedule

January 6 – March 9, 2025

HOURS Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00
HOLIDAYS: February 15, 16, 17 (Family Day Weekend) Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 – 09:45 Open Gym ◆ Gymnasium	06:45 – 09:45 Open Gym ◆ Gymnasium	06:45 – 09:45 Open Gym ◆ Gymnasium	06:45 – 09:45 Open Gym ◆ Gymnasium	06:45 – 09:45 Open Gym ◆ Gymnasium	08:00 – 09:45 Open Gym ◆ Gymnasium	08:00 – 09:45 Open Gym ◆ Gymnasium
10:00 – 13:00 Pickleball ◆ Gymnasium	10:00 – 12:30 Open Gym ◆ Gymnasium	10:00 – 13:00 Open Gym ◆ Gymnasium	10:00 – 12:30 Open Gym ◆ Gymnasium	10:00 – 13:00 Open Gym ◆ Gymnasium	10:00 – 10:45 Pre-School Fundamentals: Sports & Movement ■ East Gym Ages: 3Y-5Y	
13:30 – 15:30 Open Gym ◆ Gymnasium	13:00 – 15:30 Pickleball ◆ Gymnasium	13:30 – 15:30 Open Gym ◆ Gymnasium	13:00 – 15:30 Pickleball ◆ Gymnasium	13:30 – 15:30 Open Gym ◆ Gymnasium	10:00 – 10:45 Child Fundamentals: Sports & Movement ■ West Gym Ages: 6Y-9Y	12:30 – 15:30 Open Gym ◆ Gymnasium
16:00 – 18:00 Youth Open Gym ◆ Gymnasium Ages: 13Y-17Y	16:00 – 18:00 Youth Open Gym ◆ Gymnasium Ages: 13Y-17Y		16:00 – 17:00 Youth Open Gym ◆ Gymnasium Ages: 13Y-17Y		11:15 – 12:45 Family Active Play ◆ West Gym Ages: 6Y+	
			17:30 – 18:15 Pre-School Active Play ■ West Gymnasium Ages: 3Y-5Y		12:30 – 14:00 Youth Open Gym ◆ Gymnasium Ages: 13Y-17Y	
18:00 – 18:45 Child & Pre-Teen Soccer ■ East Gymnasium Ages: 6Y-12Y			17:30 – 18:15 Child & Pre-Teen Basketball ■ East Gymnasium Ages: 6Y-12Y		14:15 – 15:45 Open Gym ◆ Gymnasium	
19:00 – 20:45 Open Gym – Sports Variety ◆ West and East Gymnasium	18:30 – 20:30 Adult Volleyball ◆ West Gymnasium Ages: 18Y+	16:00 – 19:00 Boreal College Rental Gymnasium	18:30 – 20:30 Adult Badminton ◆ West Gymnasium Ages: 18Y+	16:00 – 19:00 Boreal College Rental Gymnasium		
	18:30 – 20:30 Open Basketball ◆ East Gymnasium	19:15 – 20:45 Adult Basketball ◆ Gymnasium Ages: 18Y+	18:30 – 20:30 Open Basketball ◆ East Gymnasium	19:15 – 19:45 Open Gym – Sports Variety ◆ West and East 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](#).

◆ **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. For full membership details, visit ymcaottawa.ca/health-fitness/how-to-join. Session registrations can be made in person, by phone or online.

Program Descriptions

Open Badminton | Ages: 6+

Take part in badminton skill development drills and pick-up games. Focus is on participation and fun. Equipment is available.

Open Gym | Ages: 6+

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.

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. Registration for Child & Pre-Teen is required.

Child / Pre-Teen Soccer /Family Soccer

Ages: 6Y-8Y / 9Y-12Y/ 6+

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.

Pre-School & Child Active Play | Ages: 6Y - 10Y

A great way to play, preschoolers and children alike join Y Staff in activities each week that encourage play, movement and fun. From playing with the big parachute, to relay races, participants will have opportunities to develop team work, leadership skills and learn new games to play with friends and family. Registration is required.

Pre-School & Child Fundamentals: Sports & Movement

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, participants will be exposed to a variety of sports while learning how to make their bodies move and develop core skills for future sport.

Family Active Play | Ages: 6+

Why should kids get all the fun? Families join together in the gym for a time of games, sports and different physical activities created to foster a fun environment where everyone gets to be a kid. Families can bring their own suggestions of games and staff will provide equipment and guidance on activities each week.

Child & Pre-Teen Basketball | Ages: 6Y-12Y

Take part in basketball skill development. Focus is on fun, participation, team work and fair play.

Open Volleyball | Ages: 6Y +

If you enjoy practicing your serving or spiking skills, Open Volleyball might be the place for you! Join people from all ages and experiences with Volleyball and learn together!

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.