

Gymnasium Schedule

September 8– November 30, 2025

HOURS Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00
HOLIDAYS: October 11, 12, 13 – **Open 08:00 – 16:00** (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 – 12:00 Open Gym ♦ Gymnasium	06:30 – 12:00 Open Gym ♦ Gymnasium	06:30 – 12:00 Open Gym ♦ Gymnasium	06:30 – 12:00 Open Gym ♦ Gymnasium	06:30 – 19:30 Open Gym ♦ Gymnasium	08:00 – 09:45 Open Gym ♦ Gymnasium	08:00 – 9:45 Open Gym ♦ Gymnasium
					10:00-12:00 Birthday Party Rental □ Gymnasium	10:00-12:00 Birthday Party Rental □ Gymnasium
12:30- 15:30 Badminton ♦ Gymnasium	12:30- 15:30 Pickleball ♦ Gymnasium	12:30-14:30 Boreal College Gymnasium	12:30- 15:30 Pickleball ♦ Gymnasium		11:30 – 13:00 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	12:15-15:45 Open Gym ♦ Gymnasium
16:00 – 17:15 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	16:00 – 17:15 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	16:00 – 17:15 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y	16:00 – 17:15 Youth Open Gym ♦ Gymnasium Ages: 13Y-17Y		13:15 – 15:45 Adult Basketball ♦ Gymnasium	
17:30-19:30 Gym and Swim ■ Gymnasium: 17:30-18:25, Pool 18:35-19:30 Ages: 6Y-9Y	17:30 – 18:15 Child & Pre- Teen Basketball ■ Gymnasium Ages: 6Y-12Y	17:30 – 18:15 Child & Pre- Teen Soccer ■ Gymnasium Ages: 6Y-12Y	17:30-18:15 Pre-School Active Play ■ West Gymnasium Ages: 3Y-6Y			
			17:30 – 18:15 Child & Pre-Teen Sports Variety ■ East Gymnasium Ages: 6Y-12Y			
18:30– 20:45 Open Gym ♦ Gymnasium	18:30 – 20:45 Open Gym ♦ Gymnasium	18:30 – 20:45 Open Gym ♦ Gymnasium	18:30 – 20:45 Women's ONLY Gym ♦ Gymnasium			

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 0Y-9Y may use Y programs and facilities when accompanied by a parent or guardian over the age of 16Y. To ensure your child's safety, a parent/guardian must remain in the building while the child participates in a program. When the child is not in a program, they must be directly supervised by their parent/guardian at all times.

Children aged 10Y-12Y may access the facility without a parent. Children 10Y-12Y 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.

Program Descriptions

Badminton | Ages: 13Y+

A drop-in round of badminton awaits. Join us for your chance to make new friends and sharpen your skills. Registration is not required, drop-in any time the program is running.

Adult Basketball

Join us for a recreational drop-in basketball game (or two). This is the perfect opportunity to stay active and meet friends in a friendly game of ball. Registration is not required.

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

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

Child and Pre-Teen Soccer | Ages: 6Y-12Y

Take part in soccer skill development. Focus is on fun, participation, teamwork and fair play. Staff will lead children through warmups and drills to develop fundamental soccer skills. Game oriented activities will be a part of the program. No previous playing experience required.

Child and Pre-Teen Sports Variety | Ages: 6Y-12Y

Every week will be a different sport focus. Y staff will monitor, and lead drills, activities and scrimmages. Soccer, Basketball, Volleyball, Hockey, Badminton and Pickleball. Establishing a foundation for healthy, Y active living. **Registration required.**

Gym and Swim | Ages: 6Y - 9Y

A fun opportunity to enjoy a Gym and Pool combination program with a variety of land and water activities. All participants must bring active footwear for the gym and a swimsuit and towel for the pool. Program consists of 50 minutes in the gym and 50 minutes in pool. Program leaders will transition group from the gym to the pool and supervise changing into swimsuits. Drop off in gym, pick up on pool deck. Parent/Caregiver participation is not required. **Registration required.**

Open Gym

Gym accessible to all members who want to take part in recreational activities.

Pickleball | Ages: 12Y +

Pickleball is a fun, low-impact version of tennis played on the basketball court. Pickleball welcomes participants of any age, 12 and up, and any skill level.

Pre-School Active Play | Ages: 3Y-6Y

A great way to play, preschoolers 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 friendships and learn new games to play with friends and family. **Booking is required.**

Youth Open Gym | Ages: 13Y-17Y

A great place to hang out with your friends for fun and a variety of sports. Shoot some hoops, enjoy an indoor game of soccer or try something new!