

Gymnasium Schedule

June 29 – August 23, 2026

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

HOLIDAYS: July 1 – CLOSED, August 3 - CLOSED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 09:00 Open Gym Gymnasium ◆	07:00 – 09:00 Open Gym Gymnasium ◆	07:00 – 09:00 Open Gym Gymnasium ◆	07:00 – 09:00 Open Gym Gymnasium ◆	07:00 – 09:00 Open Gym Gymnasium ◆	08:00 – 11:00 Open Gym Gymnasium ◆	08:00 – 10:00 Open Gym Gymnasium A ◆
9:00 – 12:00 Day Camp Ages: 4Y-12Y Gymnasium □	9:00 – 12:00 Day Camp Ages: 4Y-12Y Gymnasium □	9:00 – 12:00 Day Camp Ages: 4Y-12Y Gymnasium □	9:00 – 12:00 Day Camp Ages: 4Y-12Y Gymnasium □	9:00 – 12:00 Day Camp Ages: 4Y-12Y Gymnasium □	11:15-12:15 Family Open Gym Gymnasium Ages: 6Y+ ◆	10:00 – 12:00 Birthday Parties Gymnasium Advanced booking required.
12:30-13:15 Active Play ■ Gymnasium B Ages: 3Y-12Y	12:30-13:15 Active Play ■ Gymnasium B Ages: 3Y-12Y	12:30-13:15 Active Play ■ Gymnasium B Ages: 3Y-12Y	12:30-13:15 Active Play ■ Gymnasium B Ages: 3Y-12Y	12:30-17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y	11:15 – 13:15 Birthday Parties Gymnasium Advanced booking required.	11:15 – 12:45 Family Basketball Gymnasium A Ages: 6Y+ ◆
12:30-17:45 Youth Open Gym Gymnasium A Ages: 13Y-17Y	12:30-17:45 Youth Open Gym Gymnasium A Ages: 13Y-17Y	12:30-17:45 Youth Open Gym Gymnasium A Ages: 13Y-17Y	12:30-16:45 Youth Open Gym Gymnasium A Ages: 13Y-17Y		12:30 – 15:45 Open Gym Gymnasium ◆	13:00 – 15:00 Birthday Parties Gymnasium Advanced booking required.
18:00 – 18:45 Child Soccer Gymnasium A Ages: 6Y-8Y ◆			17:00 – 18:30 Teen Volleyball Gymnasium B Ages: 13Y-17Y ◆	18:00 – 18:45 Child & Pre-Teen Badminton/ Pickleball Gymnasium B Ages: 6Y-12Y ◆		14:00 – 15:45 Open Gym Gymnasium ◆
18:00 – 18:45 Pre-Teen Soccer Gymnasium B Ages: 9Y-12Y ◆	18:00 – 20:45 Open Gym Gymnasium ◆	18:00 – 18:45 Child Basketball Gymnasium A Ages: 6Y-8Y ◆	17:15-19:15 Gym & Swim Gymnasium B Ages:6Y-12Y ◆	18:00-18:45 Child & Pre-Teen Indoor Soccer Gymnasium ◆		
19:00 – 19:45 HIIT Gymnasium Ages: 13Y+ ◆		18:00 – 18:45 Pre-Teen Basketball Gymnasium B Ages: 9Y-12Y ◆	19:00 – 19:45 Bootcamp Gymnasium Ages: 13Y+◆			
20:00-20:45 Open Gym Gymnasium ◆		20:00-20:45 Open Gym Gymnasium ◆	20:00-20:45 Open Gym Gymnasium ◆	19:00 –21:45 Evening Basketball \$5 drop in for Non-Members or \$3 with non-perishable food item Gymnasium Ages: 13Y+ ◆		

◆ **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 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

Program Descriptions

Bootcamp | Ages: 13Y +

An intense, full body workout designed to build strength and improve overall fitness. This class challenges participants with variety, speed, drills, and cardio segments.

Child and Pre-Teen Basketball | Ages: 6Y - 8Y / 9Y - 12Y

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

Child & Pre-Teen Badminton/Pickleball | Ages: 6Y - 12Y

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.

Child / Pre-Teen Indoor Soccer | Ages: 6Y-8Y / 6Y-12Y / 9Y-12Y

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.

HIIT | Ages: 13Y +

Get ready to sweat, burn, and push your limits! This High-Intensity Interval Training (HIIT) class combines short bursts of intense exercise with brief recovery periods to maximize calorie burn, improve endurance, and boost metabolism. Each session features a mix of cardio, strength, and bodyweight exercises designed to challenge all fitness levels. Whether you're looking to tone up, slim down, or just feel stronger, this fast-paced, high-energy workout delivers results — fast!

Teen Volleyball | Age: 13Y – 17Y

Join the in some volleyball skills and drills practice and as well as game time. A great introduction to the sport or a great way to get in some extra practice. All skill levels welcome, no prior experience necessary.

Family Open Gym | Ages: 6Y +

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.

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.

Open Gym

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

Preschool Active Play | Ages: 3Y – 5Y

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. **Registration is required.**

Youth Open Gym | Ages: 13Y – 17Y

Dedicated open gym time to play and have fun together while establishing a foundation for healthy, Y active living. Y staff will monitor activity and provide access to a variety of sports equipment.

Youth Sports | Ages: 13Y-17Y

Teens are welcome to hang out with friends and Y staff for different sports and activities each week.