

Gymnasium Schedule

September 7 - November 29, 2026

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

HOLIDAYS: Monday, September 7 (Labour Day) – Closed, Monday, October 12 (Thanksgiving) - No programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 – 11:15 17:30 – 18:30 19:30 – 20:45 Open Gym ♦	06:30 – 12:45 17:30 – 18:15 20:00 – 20:45 Open Gym ♦	06:30 – 15:45 18:45 – 19:15 Open Gym ♦	06:30 – 14:15 17:00 – 18:00 Open Gym ♦	06:30 – 08:45 17:45 – 19:45 Open Gym ♦	08:00 – 9:45 12:15 – 15:45 Open Gym ♦	08:00 – 11:45 13:15 – 15:30 Open Gym ♦
11:30-15:30 Boreal College <i>Gymnasium</i>	13:00-15:00 Boreal College <i>Gymnasium</i>		14:30-16:30 Boreal College <i>Gymnasium</i>	09:00 – 17:30 Boreal College <i>Gymnasium</i>	10:00 – 12:00 Family Soccer ♦ Ages: Parent & Child	12:00 – 13:00 Birthday Party Rental □ <i>Gymnasium</i>
16:00 – 17:15 Youth Open Gym ♦ Ages: 13Y-17Y	16:00 – 17:15 Youth Open Gym ♦ Ages: 13Y-17Y	16:15 – 17:15 Youth Volleyball & Soccer ■ Ages: 13Y-17Y				
18:30 – 19:15 YMCA Programs <i>Gymnasium</i>	18:45 – 19:45 YMCA Programs <i>Gymnasium</i>	17:30 – 18:30 YMCA Programs <i>Gymnasium</i>	17:00 – 18:00 YMCA Programs <i>Gymnasium</i> 2nd and 4th week of every month			
		19:30 – 20:45 Soccer ♦	18:30 – 20:45 Basketball ♦			

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.** All group fitness classes are included in a Y membership. Session fee required for non-members. 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](#).

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

Open Gym

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

Soccer

A casual round of indoor soccer awaits! Join us for your chance to make new friends, stay active, and sharpen your skills. All levels of experience are welcome — just bring your energy and enthusiasm. Registration is not required; drop in anytime the program is running.

Basketball

Hit the court with friends for a fun and active drop-in basketball session! Whether you're looking to shoot hoops, practice your skills, or enjoy a friendly pickup game, this open gym is the perfect place to stay active, build confidence, and have fun in a welcoming environment. All skill levels are welcome.

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!

Youth Volleyball & Soccer | Age: 13Y – 17Y

Enjoy a structured recreation program that alternates between volleyball and soccer each week, giving participants the opportunity to develop skills in both sports. Sessions include skill-building drills, practice activities, and game play in a fun, supportive environment. Whether you're trying a sport for the first time or looking to improve your technique, this program is a great way to stay active, build confidence, and have fun. All skill levels are welcome, and no prior experience is necessary. **Registration is required.**

Family Soccer | Ages: Parent & Child

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. Parent/guardian supervision required for children under 10Y, participation encouraged.