



Gymnasium Schedule

September 6 to December 18, 2022

FACILITY HOURS – Mon-Fri: 6:30AM - 8:00PM | Sat-Sun: 9:00AM - 3:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM - 9:00AM Adult Open Gym (Ages: 18Y+)	8:00AM - 9:00AM Adult Open Gym (Ages: 18Y+)	8:00AM - 9:00AM Adult Open Gym (Ages: 18Y+)	8:00AM - 9:00AM Adult Open Gym (Ages: 18Y+)	8:00AM - 9:00AM Adult Open Gym (Ages: 18Y+)		
9:00AM - 4:00PM L'Escale					9:15AM - 10:15AM Family Tae Kwon Do – Beginner ●● (Ages: 6Y+) <i>Starts week of Sep. 19</i>	9:00AM - 9:45AM Open Gym
4:00PM - 6:00PM Youth Volleyball ● (Ages: 13Y-17Y) Gymnasium #1 <i>Starts week of Sep. 19</i>	4:00PM - 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM - 5:00PM Youth Badminton ● (Ages: 13Y-17Y) Gymnasium #1 <i>Starts week of Sep. 19</i>	4:00PM - 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM - 6:00PM Family Open Gym (Ages: 6Y+)	10:30AM - 11:30AM Family Tae Kwon Do – Intermediate ●● (Ages: 6Y+) <i>Starts week of Sep. 19</i>	10:00AM - 11:15PM Canadian Handball Academy gym rental Gymnasium #2
4:00PM - 5:00PM Youth Open Gym (Ages: 13Y-17Y) Gymnasium #2		4:00PM - 5:00PM Youth Open Gym (Ages: 13Y-17Y) Gymnasium #2			11:45AM - 12:45PM Child NHL Street Hockey ●● (Ages: 6Y-8Y) Gymnasium #1 <i>Starts week of Sep. 19</i>	12:00PM - 3:00PM Pickleball ● (Ages: 18Y+) <i>Starts week of Sep. 19</i>
5:15PM - 5:45PM Preschool Active Play ●● (Ages: 3Y-5Y) Gymnasium #2 <i>Starts week of Sep. 19</i>		5:15PM - 6:15PM Child Basketball ●● (Ages: 6Y-8Y) Gymnasium #1 <i>Starts week of Sep. 19</i>			11:45PM - 12:45PM Pre-Teen NHL Street Hockey ●● (Ages: 9Y-12Y) Gymnasium #2 <i>Starts week of Sep. 19</i>	
6:00PM - 7:00PM Pre-Teen Volleyball ●● (Ages: 9Y-12Y) Gymnasium #1 <i>Starts week of Sep. 19</i>	6:15PM - 7:15PM Family Karate – Beginner ●● (Ages: 6Y+) <i>Starts week of Sep. 19</i>	5:15PM - 6:15PM Pre-Teen Basketball ●● (Ages: 9Y-12Y) Gymnasium #2 <i>Starts week of Sep. 19</i>	6:15PM - 7:15PM Family Karate – Beginner ●● (Ages: 6Y+) <i>Starts week of Sep. 19</i>	6:00PM - 8:00PM Youth Night (Ages: 13Y-17Y)	1:00PM - 3:00PM Youth Open Gym (Ages: 13Y-17Y)	
6:00PM - 7:00PM Child Indoor Soccer ●● (Ages: 6Y-8Y) Gymnasium #2 <i>Starts week of Sep. 19</i>	6:15PM - 7:45PM Family Karate – Intermediate ●● (Ages: 9Y+) <i>Starts week of Sep. 19</i>	6:30PM - 7:30PM Family Tae Kwon Do – Beginner ●● (Ages: 6Y+) <i>Starts week of Sep. 19</i>	6:15PM - 7:45PM Family Karate – Intermediate ●● (Ages: 9Y+) <i>Starts week of Sep. 19</i>			
7:00PM - 8:00PM Adult Volleyball ● (Ages: 18Y +) Gymnasium #1 <i>Starts week of Sep. 19</i>						

● Booking required | ●● Registration required

To learn more about registering or booking your spot, visit ymcaywca.ca/schedules.

Schedule is subject to change.

Program Descriptions

Preschool Active Play | Age: 3Y - 5Y

A fun introduction to active play that develops the ABC's of movement - Agility, Balance, and Coordination. By learning fundamental movement skills such as running, jumping and throwing, preschoolers will understand the value of incorporating physical activity as an exciting part of everyday life.

Family Tae Kwon Do - Beginner | Ages: 6Y+

This introductory course for beginners is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing. No experience required.

Family Tae Kwon Do – Intermediate | Ages: 6Y+

This Intermediate (orange and green belts) course is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing.

Family Karate: Beginner | Ages: 6Y+

Fun and fitness for the whole family. This beginner Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. No experience required. Families are encouraged to register together.

Family Karate - Intermediate | Ages: 9Y+

Fun and fitness for the whole family. This intermediate Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. Yellow belts and above. Families are encouraged to register together.

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

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

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

Child / Pre-Teen NHL Street Hockey

Age: 6Y-8Y / 9Y - 12Y

Brought to you by the NHL and the Ottawa Senators, this Community program encourages Pre-Teens to learn the fundamentals of ball hockey through game play and teamwork.

Pre-Teen / Youth Volleyball | Age: 9Y-12Y / 13Y - 17Y

Take part in volleyball skill development. Focus is on fun, participation, team work and fair play. Introduction program to develop basic skills and introduce some team concepts and rules of volleyball.

Open Gym

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 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.