



## Program Schedule - 2025 Spring Session 2

Updated - Tuesday April 10, 2025

		Day of the Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		First Class	May 12th	May 13th	May 14th	May 15th	May 16th	May 24th	May 25th	
		Last Class	June 23rd	June 24th	June 25th	June 26th	June 27th	June 28th	June 29th	
		Number of Weeks	6	7	7	7	7	6	6	
<b>ACTIVE START</b>	<b>AGES 8 MONTHS - 4 YEARS</b>	<b>BABYNASTICS (8 - 12 MONTHS) PARENT ASSISTED</b>	11:30 AM							
		<b>TALL &amp; SMALL 1 YEAR OLDS PARENT ASSISTED</b>	10:00 AM	9:30 AM	9:15 AM			9:00 AM 10:00 AM	9:00 AM 10:00 AM	
		<b>TALL &amp; SMALL 2 YEAR OLDS PARENT ASSISTED</b>	9:00 AM	11:00 AM				10:15 AM	9:15 AM 9:30 AM 10:15 AM 11:15 AM	
		<b>TALL &amp; SMALL 3 YEAR OLDS PARENT ASSISTED</b>		11:00 AM 4:00 PM (3&4 yr)				10:15 AM	9:30 AM 10:30 AM 11:00 AM	8:30 AM 8:45 AM 11:30 AM
		<b>INDEPENDENT 3 YEAR OLDS</b>			10:30 AM	4:30 PM	4:30 PM	4:30 PM	8:45 AM 9:45 AM 11:30 AM	10:30 AM 10:45 AM 11:45 AM
		<b>INDEPENDENT 4 YEAR OLDS</b>			4:00 PM 4:30 PM	10:30 AM 5:00 PM	4:30 PM	4:30 PM	10:45 AM 11:45 AM 12:15 AM	9:45 AM 11:15 AM 11:45 AM 12:15 PM 12:30 PM
<b>GYMNASTICS FOUNDATIONS</b>	<b>AGES 5-6 YEARS</b>	<b>PURPLE &amp; TURQUOISE</b>	4:00 PM 4:30 PM	5:00 PM 5:30 PM	4:30 PM	5:30 PM	5:30 PM	9:00 AM 1:00 PM 1:30 PM	1:00 PM 1:30 PM	
		<b>TURQUOISE &amp; RED</b>	4:30 PM 5:00 PM	5:30 PM	4:30 PM	5:30 PM	5:30 PM	11:00 AM 3:00 PM	2:00 PM	
		<b>RED &amp; BRONZE GIRLS</b>	5:00 PM	6:00 PM				11:00 AM 3:00 PM	2:00 PM	
		<b>RED &amp; BRONZE BOYS</b>					5:00 PM	3:00 PM		
	<b>AGES 7-9 YEARS</b>	<b>PURPLE, TURQUOISE &amp; RED</b>	5:30 PM		5:30 PM			10:00 AM 2:00 PM	2:30 PM	
		<b>RED &amp; BRONZE GIRLS</b>	6:30 PM	6:30 PM	6:00 PM	5:00 PM 6:30 PM	6:30 PM	2:30 PM	3:00 PM	
		<b>RED &amp; BRONZE BOYS</b>						3:00 PM		
		<b>WHITE &amp; SILVER GIRLS (80 minutes)</b>	6:00 PM 6:30 PM		7:00 PM	6:00 PM			9:00 AM 3:30 PM	
		<b>WHITE, SILVER, YELLOW &amp; GOLD BOYS (80 minutes)</b>					6:00 PM			
	<b>AGES 9+ YEARS</b>	<b>RED &amp; BRONZE GIRLS</b>		6:30 PM	6:00 PM	6:30 PM	6:30 PM	2:30 PM	3:00 PM	
		<b>RED &amp; BRONZE BOYS</b>								
		<b>WHITE &amp; SILVER GIRLS (80 minutes)</b>	6:30 PM		6:30 PM				9:00 AM 10:30 AM	
<b>WHITE, SILVER, YELLOW &amp; GOLD BOYS (80 minutes)</b>						6:00 PM				
<b>YELLOW &amp; GOLD GIRLS (80 minutes)</b>			7:00 PM		6:30 PM			10:30 AM		
<b>TRAMPOLINE FOUNDATIONS</b>	<b>AGES 3-5 YEARS</b>	<b>TOTALLY TRAMPOLINE</b>	4:30 PM							
	<b>AGES 5-7 YEARS</b>	<b>JUST JUMP - All Levels</b>		6:30 PM			4:00 PM			
	<b>AGES 7+ YEARS</b>	<b>JUST JUMP - All Levels</b>	7:30 PM	7:30 PM		7:30 PM				
<b>ADULT PROGRAMS</b>	<b>AGES 18+</b>	<b>BEGINNER ADULT GYMNASTICS (90 minutes)</b>		7:30 PM						
		<b>INTERMEDIATE/ADVANCED ADULT GYMNASTICS (90 minutes)</b>		7:30 PM						
		<b>ADULT DROP IN (2 hours)</b>	8:30 PM			8:30 PM				
<b>SPECIALTY PROGRAMS</b>	<b>INCLUSIVE CLASS (45 minutes)</b>						8:30 AM			
	<b>SALTOS (Invitation Only) (90 minutes)</b>			7:00 PM Girls		6:00 PM Boys		10:30 AM Girls		
	<b>Acro / Tumbling Clinic (75 minutes)</b>		5:45 PM							
	<b>HOMESCHOOL GROUP</b>					1:00 PM				
	<b>BIRTHDAY PARTIES 1 HOUR GYM + 1 HOUR PARTY</b>						12:45 PM 3:15 PM			
<b>Additional Information</b>										
Unless otherwise indicated classes are 50 minutes long & co-ed										
<b>Foundations Badge System -&gt;</b>	<b>Purple</b>	<b>Turquoise</b>	<b>Red</b>	<b>Bronze</b>	White	Silver	Yellow	Gold		
PLEASE NOTE: Schedule is subject to change										
There will be no classes Saturday May 17 - Monday May 19 inclusive										
Check our website for any news: <a href="http://www.ottawagymnasticscentre.ca">www.ottawagymnasticscentre.ca</a> or contact us at <a href="mailto:info@ottawagymnasticscentre.ca">info@ottawagymnasticscentre.ca</a> or 613-722-8698										
Registration OPENS on April 16, 2025 @ 12pm (Noon)										