



## Program Schedule - 2026 Winter Session

Day of the Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class		January 5th	January 6th	January 7th	January 8th	January 9th	January 10th	January 11th
Last Class		March 30th	March 31st	April 1st	April 2nd	March 27th	March 28th	March 29th
Number of Weeks		10	11	11	11	10	10	10
ACTIVE START	AGES 8 MONTHS - 4 YEARS	BABYNASTICS (8 - 12 MONTHS) PARENT ASSISTED	11:30 AM					
		TALL & SMALL 1 YEAR OLDS PARENT ASSISTED	10:00 AM	9:30 AM	9:15 AM		10:15 AM	9:00 AM
		TALL & SMALL 2 YEAR OLDS PARENT ASSISTED	9:00 AM	11:00 AM		10:15 AM	9:15 AM 10:00 AM 11:00 AM	9:15 AM 10:00 AM 11:15 AM
		TALL & SMALL 3 YEAR OLDS PARENT ASSISTED		11:00 AM		10:15 AM	9:00 AM 9:30 AM 11:15 AM	8:45 AM 10:15AM 11:00 AM
		INDEPENDENT 3 YEAR OLDS	4:00 PM	4:30 PM	10:30 AM	4:30 PM	8:45 AM 9:30 AM 10:45 AM 11:30AM	9:30 AM 10:45 AM 11:30 AM
		INDEPENDENT 4 YEAR OLDS	4:00 PM	4:30 PM	10:30 AM 5:00 PM	4:30 PM	8:30 AM 9:45 AM 10:30 AM 11:45 AM 12:15 AM	9:45 AM 10:30 AM 11:45 AM 12:15 PM
GYMNASTICS FOUNDATIONS	AGES 5-6 YEARS	PURPLE & TURQUOISE	4:30 PM	5:30 PM	4:30 PM	5:30 PM	9:00 AM 1:15 PM	8:45 AM 12:45 PM 1:30 PM
		TURQUOISE & RED	5:00 PM	5:30 PM	4:30 PM	5:30 PM	11:00 AM	
		RED & BRONZE GIRLS	5:00 PM				3:15 PM	
		RED & BRONZE BOYS				5:00 PM		
	AGES 7-9 YEARS	PURPLE, TURQUOISE & RED	5:30 PM		5:30 PM		10:00 AM 2:15 PM	9:45 AM (P&T) 2:30 PM
		RED & BRONZE GIRLS		6:30 PM	6:00 PM	6:30 PM	11:00 AM 2:15 PM	11:00 AM
		RED & BRONZE BOYS						3:30 PM
		Bronze & White Girls (80 minutes)						1:45 PM
	AGES 7+ OR 9+ YEARS	WHITE & SILVER GIRLS (80 minutes)	6:00 PM 6:30 PM					9:00 AM 3:30 PM
		RED & BRONZE GIRLS		7:30 PM	6:00 PM	6:30 PM	2:15 PM	
		RED & BRONZE BOYS						
		WHITE & SILVER GIRLS (80 minutes)	6:30 PM (7+)		6:30 PM			9:00 AM 10:30 AM
		WHITE, SILVER, YELLOW & GOLD BOYS (80 minutes)						
		YELLOW & GOLD GIRLS (80 minutes)				6:30 PM		10:30 AM
TRAMPOLINE FOUNDATIONS	AGES 3-5 YEARS	TOTALLY TRAMPOLINE						
	AGES 5-7 YEARS	JUST JUMP - All Levels		6:30 PM				
	AGES 7+ YEARS	JUST JUMP - All Levels		7:30 PM	7:30 PM			
ADULT PROGRAMS	AGES 18+	BEGINNER ADULT GYMNASTICS (90 minutes)		7:00 PM				
		INTERMEDIATE/ADVANCED ADULT GYMNASTICS (90 minutes)		7:00 PM				
		ADULT DROP IN (2 hours)	8:30 - 10:30 PM			8:30 - 10:30 PM		
SPECIALTY PROGRAMS		INCLUSIVE CLASS (45 minutes)					8:30 AM	
		SALTOS (Invitation Only) (80 minutes)			6:30 PM	6:00 PM (Boys)		
		Acro / Tumbling (Great for Dancers and/or Cheerleaders) (80 minutes)	7:00 PM					
		HOMESCHOOL GROUP						
		BIRTHDAY PARTIES 1 HOUR GYM + 1 HOUR PARTY					12:30 PM 3:00 PM	

### Additional Information

Unless otherwise indicated classes are 50 minutes long & co-ed

Foundations Badge System -> Purple Turquoise Red Bronze White Silver Yellow Gold

**PLEASE NOTE: Schedule is subject to change**

**NO Classes on Monday February 16th (Family Day); March 11-15 (hosting Meet); March 16-22 (March Break)**

Check our website for any news: [www.ottawagymnasticscentre.ca](http://www.ottawagymnasticscentre.ca) or contact us at [info@ottawagymnasticscentre.ca](mailto:info@ottawagymnasticscentre.ca) or 613-722-8698

**Registration OPENS on October 15th, 2025 @ 12pm (Noon)**