



Recreational Schedule - 2022 Fall Session A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class	Sept 12, 2022	Sept 13, 2022	Sept 14, 2022	Sept 15, 2022	Sept 16, 2022	Sept 10, 2022	Sept 11, 2022
Last Class	Oct 24, 2022	Oct 25, 2022	Oct 26, 2022	Oct 27, 2022	Oct 28, 2022	Oct 29, 2022	Oct 30, 2022
# of Weeks	6	7	7	7	7	7	7
KINDERGYM DROP-IN							
BABYNASTICS (8 MTHS - 12 MTHS)	11:30 AM (45 Mins)						
TALL & SMALL 1 YR OLDS PARENT ASSISTED	10:15 AM	9:00 AM	9:00 AM			9:00 AM	
TALL & SMALL 2 YR OLDS PARENT ASSISTED	9:00 AM	10:15 AM				11:00 AM	8:45 AM 9:45AM
TALL & SMALL 3 YR OLDS PARENT ASSISTED		11:15 AM	10:15 AM (Independent)			10:00 AM	
INDEPENDENT 4 YR OLDS		4:30 PM	11:15 AM 3:30 PM 4:30 PM	4:00 PM	4:45 PM		10:45 AM
INTRO REC (Purple and Turquoise) 5-6 YR OLDS	4:00 PM (Boys) 4:15 PM (Girls)	4:30 PM (Girls)	5:45 PM (Girls)		5:45 PM (Girls and Boys)	2:00 PM (Girls)	8:30 AM (Girls) 9:30 AM (Boys) 1:30 PM (Girls and Boys)
JUNIOR REC (Red and Bronze) 5-6 YR OLDS	5:00 PM (Girls)	5:30 PM (Girls)	6:45 PM (Girls)			2:00PM (Girls)	8:30 AM (Girls) 9:30 AM (Boys)
INTRO REC (Purple and Turquoise) 7-9 YR OLDS	5:15 PM (Girls) 6:30 PM (Girls)	6:30 PM (Girls)	5:30 PM (Boys)		7:00 PM (Girls)	3:00 PM (Girls)	10:45 AM (Boys) 2:30 PM (Boys)
JUNIOR REC (Red and Bronze) 7-9 YR OLDS	5:15 PM (Girls) 6:15pm (Girls)		4:15 PM (Girls) 5:00 PM (Boys)	5:00 PM (Girls)	7:00 PM (Girls)	3:00 PM (Girls)	10:45 AM (Boys) 12:15 AM (Girls) 1:30 PM (Girls) 3:30 PM (Girls) 3:30 PM (Boys 7+)
INTRO & JUNIOR REC 9+ YR OLDS	7:15 PM (Girls)	7:30 PM (Girls)					2:30 PM (Girls)
INTERMEDIATE (White and Silver) 7-9 YR OLD GIRLS (2 HRS)		5:45 PM (Girls)		6:15 PM		9:00 AM (Girls)	10:30 AM
ADVANCED (Yellow and Gold) 7-9 YR OLD GIRLS (2 HRS)				6:15 PM			10:30 AM
INTERMEDIATE & ADVANCED 9+ YR OLD GIRLS (2 HRS)							12:30 PM
INTERMEDIATE & ADVANCED 7-12 YR OLD BOYS (2 HRS)			6:00 PM				
JUST JUMP (L1-4)	5:30 PM			4:00 PM			
JUST JUMP (L5-8)				5:00 PM			
ADULT REC 18+	Adult Gym (6:00-7:30pm) Condition (7:30-8:00pm) Handstands (8:00-8:30pm) Open Gym (8:45 -10:45pm)			Adult Gym (6:00-7:30pm) Condition (7:30-8:00pm) Handstands (8:00-8:30pm) Open Gym (8:45 -10:45pm)			

Additional Information

Unless otherwise indicated kindergym and recreational classes are 1 hour long

PLEASE NOTE: Schedule is subject to change

There will be no classes on October 8th, 9th and 10th (Thanksgiving)

Check our website for any news: www.ottawagymnasticscentre.ca or contact us at info@ottawagymnasticscentre.ca or 613-722-8698

Registration OPENS on Monday August 8th, 2022 @ 12pm (Noon)



Recreational Schedule - 2022 Fall Session B

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class	Oct 31, 2022	Nov 1, 2022	Nov 2, 2022	Nov 3, 2022	Nov 4, 2022	Nov 5, 2022	Nov 6, 2022
Last Class	Dec 12, 2022	Dec 13, 2022	Dec 14, 2022	Dec 15, 2022	Dec 16, 2022	Dec 17, 2022	Dec 18, 2022
# of Weeks	7	7	7	7	7	7	7
KINDERGYM DROP-IN							
BABYNASTICS (8 MTHS - 12 MTHS)	11:30 AM (45 Mins)						
TALL & SMALL 1 YR OLDS PARENT ASSISTED	10:15 AM	9:00 AM	9:00 AM			9:00 AM	
TALL & SMALL 2 YR OLDS PARENT ASSISTED	9:00 AM	10:15 AM				11:00 AM	8:45 AM 9:45AM
TALL & SMALL 3 YR OLDS PARENT ASSISTED		11:15 AM	10:15 AM (Independent)			10:00 AM	
INDEPENDENT 4 YR OLDS		4:30 PM	11:15 AM 3:30 PM 4:30 PM	4:00 PM	4:45 PM		10:45 AM
INTRO REC (Purple and Turquoise) 5-6 YR OLDS	4:00 PM (Boys) 4:15 PM (Girls)	4:30 PM (Girls)	5:45 PM (Girls)		5:45 PM (Girls and Boys)	2:00 PM (Girls)	8:30 AM (Girls) 9:30 AM (Boys) 1:30 PM (Girls and Boys)
JUNIOR REC (Red and Bronze) 5-6 YR OLDS	5:00 PM (Girls)	5:30 PM (Girls)	6:45 PM (Girls)			2:00PM (Girls)	8:30 AM (Girls) 9:30 AM (Boys)
INTRO REC (Purple and Turquoise) 7-9 YR OLDS	5:15 PM (Girls) 6:30 PM (Girls)	6:30 PM (Girls)	5:30 PM (Boys)		7:00 PM (Girls)	3:00 PM (Girls)	10:45 AM (Boys) 2:30 PM (Boys)
JUNIOR REC (Red and Bronze) 7-9 YR OLDS	5:15 PM (Girls) 6:15pm (Girls)		4:15 PM (Girls) 5:00 PM (Boys)	5:00 PM (Girls)	7:00 PM (Girls)	3:00 PM (Girls)	10:45 AM (Boys) 12:15 AM (Girls) 1:30 PM (Girls) 3:30 PM (Girls) 3:30 PM (Boys 7+)
INTRO & JUNIOR REC 9+ YR OLDS	7:15 PM (Girls)	7:30 PM (Girls)					2:30 PM (Girls)
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ADVANCED (Yellow and Gold) 7-9 YR OLD GIRLS (2 HRS)				6:15 PM			10:30 AM
INTERMEDIATE & ADVANCED 9+ YR OLD GIRLS (2 HRS)							12:30 PM
INTERMEDIATE & ADVANCED 7-12 YR OLD BOYS (2 HRS)			6:00 PM				
JUST JUMP (L1-4)	5:30 PM			4:00 PM			
JUST JUMP (L5-8)				5:00 PM			
ADULT REC 18+	Adult Gym (6:00-7:30pm) Condition (7:30-8:00pm) Handstands (8:00-8:30pm) Open Gym (8:45- 10:45pm)			Adult Gym (6:00-7:30pm) Condition (7:30-8:00pm) Handstands (8:00-8:30pm) Open Gym (8:45- 10:45pm)			

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