



Program Schedule - 2025 Spring Session 1

Updated - Monday January 27th

Day of the Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
First Class		March 17th, 2025	March 18th, 2025	March 19th, 2025	March 20th, 2025	March 21st, 2025	March 22nd, 2025	March 23rd, 2025	
Last Class		May 5th, 2025	May 6th, 2025	May 7th, 2025	May 8th, 2025	May 9th, 2025	May 10th, 2025	May 11th, 2025	
Number of Weeks		7	8	8	8	7	7	7	
ACTIVE START	AGES 8 MONTHS - 4 YEARS	BABYNASTICS (8 - 12 MONTHS) PARENT ASSISTED	11:30 AM				11:30 AM		
		TALL & SMALL 1 YEAR OLDS PARENT ASSISTED	10:00 AM	10:00 AM	9:15 AM		9:00 AM 10:00 AM	9:00 AM 10:00 AM	
		TALL & SMALL 2 YEAR OLDS PARENT ASSISTED	9:00 AM	11:00 AM			10:15 AM	9:15 AM 10:15 AM 11:15 AM	9:15 AM 9:30 AM 10:15 AM 11:15 AM
		TALL & SMALL 3 YEAR OLDS PARENT ASSISTED		11:00 AM			10:15 AM	9:30 AM 10:30 AM 11:00 AM	8:30 AM 8:45 AM 11:30 AM
		INDEPENDENT 3 YEAR OLDS		4:30 PM	10:30 AM	4:30 PM	4:30 PM	8:45 AM 9:45 AM 11:30 AM	10:30 AM 10:45 AM 11:45 AM 12:00 PM
		INDEPENDENT 4 YEAR OLDS		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 11:00 AM 11:45 AM 12:00 PM 12:15 PM
GYMNASTICS FOUNDATIONS	AGES 5-6 YEARS	PURPLE & TURQUOISE	4:00 PM 4:30 PM	5:30 PM	4:30 PM	5:30 PM	5:30 PM	9:00 AM 1:00 PM 1:30 PM	
		TURQUOISE & RED	4:30 PM 5:00 PM	5:30 PM	4:30 PM	5:30 PM	5:30 PM	11:00 AM	2:00 PM
		RED & BRONZE GIRLS	5:00 PM					3:00 PM	2:00 PM
		RED & BRONZE BOYS			4:00 PM		5:00 PM		
	AGES 7-9 YEARS	PURPLE, TURQUOISE & RED	5:30 PM		5:30 PM			10:00 AM 2:00 PM	2:30 PM
		RED & BRONZE GIRLS		6:30 PM	6:00 PM	6:30 PM	6:00 PM	2:30 PM	3:00 PM
		RED & BRONZE BOYS							3:30 PM
		WHITE & SILVER GIRLS (80 minutes)	6:00 PM 6:30 PM						9:00 AM 3:30 PM
	AGES 9+ YEARS	WHITE, SILVER, YELLOW & GOLD BOYS (80 minutes)			5:00 PM				
		RED & BRONZE GIRLS		6:30 PM	6:00 PM	6:30 PM	6:00 PM	2:30 PM	3:00 PM
		RED & BRONZE BOYS							3:30 PM
		WHITE & SILVER GIRLS (80 minutes)	6:30 PM		6:30 PM				9:00 AM 10:30 AM
TRAMPOLINE FOUNDATIONS	AGES 3-5 YEARS	TOTALLY TRAMPOLINE	4:30 PM	3:30 PM					
	AGES 5-7 YEARS	JUST JUMP - All Levels		6:30 PM		4:00 PM			
	AGES 7+ YEARS	JUST JUMP - All Levels	7:30 PM	7:30 PM		7:30 PM			
ADULT PROGRAMS	AGES 18+	BEGINNER ADULT GYMNASTICS (90 minutes)		7:30 PM					
		INTERMEDIATE/ADVANCED ADULT GYMNASTICS (90 minutes)		7:30 PM					
		ADULT DROP IN (2 hours)	8:30 PM			8:30 PM			
SPECIALTY PROGRAMS	INCLUSIVE CLASS (45 minutes)						8:30 AM		
	SALTOS (Invitation Only) (90 minutes)			7:00 PM Girls		6:30 PM Boys		10:30 AM Girls	
	Acro / Tumbling Clinic (75 minutes)		5:45 PM						
	HOMESCHOOL GROUP					1:00 PM			
	BIRTHDAY PARTIES 1 HOUR GYM + 1 HOUR PARTY						12:45 PM 3:15 PM		

Additional Information

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

Foundations Badge System ->	Purple	Turquoise	Red	Bronze	White	Silver	Yellow	Gold
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PLEASE NOTE: Schedule is subject to change

There will be no classes April 18th - 21st (Easter Weekend)

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

Registration OPENS on January 29th, 2025 @ 12pm (Noon)