



Recreational Schedule - 2023 Spring Session

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class	Apr 17, 2023	Apr 11, 2023	Apr 12, 2023	Apr 13, 2023	Apr 14, 2023	Apr 15, 2023	Apr 16, 2023
Last Class	Jun 19, 2023	Jun 13, 2023	Jun 14, 2023	Jun 15, 2023	Jun 16, 2023	Jun 17, 2023	Jun 18, 2023
# of Weeks	9	10	10	10	10	9	9
KINDERGYM DROP-IN							
BABYNASTICS (8 MTHS - 12 MTHS)	11:30 AM (45 Mins)				11:30 AM (45 Mins)		
TALL & SMALL 1 YR OLDS PARENT ASSISTED	10:15 AM	9:00 AM	9:15 AM			9:00 AM 11:30AM	9:00 AM
TALL & SMALL 2 YR OLDS PARENT ASSISTED	9:00 AM	10:15 AM			10:15 AM	9:30 AM 11:00AM	8:45 AM 9:45AM 10:00 AM
TALL & SMALL 3 YR OLDS PARENT ASSISTED		11:15 AM			10:15 AM	8:30 AM 8:45 AM 10:00 AM 10:30AM	9:15 AM 10:15 AM 11:00 AM 11:30AM
INDEPENDENT 3 YR OLDS			10:15 AM			8:45 AM	
NEW - Parkour Toddlers Independent 3/4 yr olds							1:00 PM 2:00 PM
INDEPENDENT 4 YR OLDS		4:00 PM	11:15 AM 4:30 PM	4:00 PM	4:45 PM	9:15 AM 10:15 AM 10:45 AM 11:15 AM 1:00PM	8:45 AM 9:30 AM 10:45 AM 11:15 AM
INTRO REC (Purple and Turquoise) 5-6 YR OLDS	4:00 PM (Boys) 4:15 PM (Girls)	5:15 PM (Girls)	5:45 PM (Girls)		4:00 PM 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)			11:00 AM (Girls) 12:45 PM (Boys) 2:00PM (Girls) 2:30PM (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)	5:15 PM (Boys)		7:00 PM (Girls)	3:00 PM (Girls) 3:30PM (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) 5:15 PM (Boys)	5:00 PM (Girls)	6:00 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)
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)		6:15 PM (Girls)		5:15 PM 6:15 PM		9:00 AM	10:30 AM
ADVANCED (Yellow and Gold) 7-9 YR OLD GIRLS (2 HRS)				6:15 PM			10:00 AM
INTERMEDIATE & ADVANCED 9+ YR OLD GIRLS (2 HRS)							12:30 PM 2:45 PM
INTERMEDIATE & ADVANCED 7-12 YR OLD BOYS (2 HRS)			6:15 PM				
JUST JUMP (L1-4)				4:00 PM			
JUST JUMP (L5-8)				5:00 PM			
NEW - Intro to Rhythmic Gymnastics						4:30 PM 5:30 PM	
ADULT REC 18+	Advanced Rec (6:00-7:30pm) Beginner Rec (7:30-8:30pm) Drop-in (8:15-10:15pm)		Beginner Rec (7:30-8:30pm)	Beginner Rec (6:00-7:00pm) Advanced Rec (7:00-8:30pm) Drop-in (8:15-10:15pm)	Adult Comp Group (6:30 -8:30)		

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 Saturday May 20, Sunday May 21 and Monday May 22 (Victoria Day weekend)

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

Registration OPENS on February 23, 2023 @ 12pm (Noon)