



## 2022 Winter Session - Kindergym & Recreational Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>First Class</b>	January 31 2022	February 1, 2022	February 2, 2022	February 3, 2022	February 4, 2022	February 5, 2022	February 6, 2022
<b>Last Class</b>	May 2 2022	May 3, 2022	May 4, 2022	May 5, 2022	May 13, 2022	May 14, 2022	May 15, 2022
<b># of Weeks</b>	11	13	13	12	12	12	12
<b>BABYNASTICS (8 MTHS - 12 MTHS)</b>	11:30 AM (45 Mins)				11:15 AM (45 Mins)		11:15 AM (45 Mins)
<b>TALL &amp; SMALL 1 YR OLDS PARENT ASSISTED</b>	10:00 AM	9:00 AM	9:00 AM			9:00 AM 11:30 AM	9:00 AM
<b>TALL &amp; SMALL 2 YR OLDS PARENT ASSISTED</b>	9:30 AM	10:15 AM	10:15 AM		10:15 AM	9:30 AM 11:00 AM	8:45 AM 9:45AM 10:00 AM
<b>TALL &amp; SMALL 3 YR OLDS PARENT ASSISTED</b>	9:00 AM 10:30 AM (Independent)	11:15 AM	10:30 AM (Independent)		10:15 AM	10:00 AM 10:30 AM	9:15 AM 10:30 AM 11:00 AM
<b>INDEPENDENT 4 YR OLDS</b>	11:15 AM	3:30 PM 4:30 PM	11:15 AM 3:30 PM 4:30 PM		4:15 PM	9:15 AM 10:15 AM 11:15 AM 1:30 PM	9:30 AM 10:45 AM 11:15 AM
<b>INTRO &amp; JUNIOR REC 5-6 YR OLDS</b>	4:00 PM (Girls) 4:00 PM (Boys)		4:00 PM (Girls)	4:00 PM (Girls)	6:30 PM (Girls/Boys)	8:30 AM (Boys) 9:00 AM (Girls) 9:15 AM (Girls) 1:30 AM (Girls) 12:45PM (Boys)	8:30 AM (Girls) 8:45 AM (Girls) 10:00 AM (Girls) 10:00 AM (Boys) 11:15 AM (Girls) 1:30 PM (Girls) 2:15 PM (Girls) 3:30 PM (Boys) 3:45 PM (Girls)
<b>INTRO &amp; JUNIOR REC 7-9 YR OLDS</b>	5:15 PM (Girls) 5:15 PM (Boys)	4:30 PM (Girls) 6:30 PM (Girls)	5:15 PM (Boys) 7:00 PM (Girls)	5:30 PM (Girls) 6:45 PM (Girls)	5:15 PM (Girls)	9:30 AM (Boys) 10:30 AM (Girls) 10:45 AM (Boys) 3:00 PM (Girls)	9:15 AM (Girls) 10:15 AM (Girls) 11:30 AM (Girls) 1:15 PM (Girls) 1: 30 PM (Girls) 2:30 PM (Girls) 2:30 PM (Boys) 3:15 PM (Girls)
<b>INTRO &amp; JUNIOR REC 10-12 YR OLDS</b>	6:15 PM (Girls)	7:30 PM (Girls)					3:30 PM (Girls)
<b>INERMEDIATE &amp; ADVANCED 7-9 YR OLD GIRLS (2 HRS)</b>		5:45 PM		6:00 PM		1:00 PM 1:30 PM	10:30 AM 1:30 PM
<b>INERMEDIATE &amp; ADVANCED 9+ YR OLD GIRLS (2 HRS)</b>	6:30 PM					10:15 AM 1:00 PM	12:30 PM
<b>INERMEDIATE &amp; ADVANCED 7-12 YR OLD BOYS (2 HRS)</b>			6:00 PM			2:15 PM	
<b>JUST JUMP 7-9 YR OLDS (L1-4)</b>	4:30 PM						
<b>JUST JUMP 8+ YR OLDS (L5-8)</b>			4:45 PM			11:30 AM	
<b>ADULT REC 18+ (2 HRS)</b>	8:45 PM SKILLS CLASS		8:45 PM DROP IN	8:45 PM SKILLS CLASS			

### Additional Information

At this time, some programs are still not running: Urban Gym, KG Drop in, and Gymbabies (6-7mths)

Unless otherwise indicated kindergym and recreational classes are 1 hour long

PLEASE NOTE: Schedule is subject to change

There are no classes February 21st (Family Day), February 24th - 27th (In-House Competition) & March 14th - 20th (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 Wednesday December 1st at 10:00 am**