



Recreational Schedule - 2023 Winter Session

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|-----------------|-----------------------------------|--|----------------------------------|---|---|
| First Class | Jan 9, 2023 | Jan 10, 2023 | Jan 11, 2023 | Jan 12, 2023 | Jan 13, 2023 | Jan 14, 2023 | Jan 15, 2023 |
| Last Class | Mar 27, 2023 | Mar 28, 2023 | Mar 29, 2023 | Mar 30, 2023 | Mar 31, 2023 | Apr 1, 2023 | Apr 2, 2023 |
| # of Weeks | 9 | 10 | 10 | 10 | 9 | 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 (Independent) | | 10:15 AM | 8:30 AM 10:00 AM 10:30 AM | 11:00 AM 11:30 AM |
| INDEPENDENT 4 YR OLDS | | 4:30 PM | 11:15 AM 4:30 PM | 4:00 PM | 4:45 PM | 9:15 AM 10:15 AM 11:15 AM 1:00 PM | 8:45 AM 9:30 AM 10:45 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) | | 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) | | | 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) | 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) | | 6:15 PM | | 9:00 AM | 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 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 | | | |
| 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) | 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 February 20th (Family Day) and March 2nd - 19th INCLUSIVE

Check our website for any news: www.ottawagymnasticscentre.ca or contact us at info@ottawagymnasticscentre.ca or 613-722-8698 ext 221

Registration OPENS on December 1st @ 12pm (Noon)