



2024 Winter Session

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class	Jan 8, 2024	Jan 9, 2024	Jan 10, 2024	Jan 11, 2024	Jan 12, 2024	Jan 13, 2024	Jan 14, 2024
Last Class	Mar 25, 2024	Mar 26, 2024	Mar 27, 2024	Mar 28, 2024	Mar 22, 2024	Mar 23, 2024	Mar 24, 2024
# of Weeks	10	11	11	10	9	10	10
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	10:00 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	10:00 AM 10:30 AM	9:15 AM 10:00 AM
TALL & SMALL 3 YR OLDS PARENT ASSISTED		11:15 AM			10:15 AM	9:45 AM 10:45 AM 11:00 AM	10:15 AM 11:15 AM 11:30 AM
INDEPENDENT 3 YR OLDS	11:00 AM		10:30 AM (3/4 yr old)			8:45 AM	
INDEPENDENT 4 YR OLDS		4:30 PM		4:15 PM	4:45 PM	9:15 AM 10:15 AM 11:15 AM 11:45 AM 1:00 PM	8:30 AM 9:30 AM 10:45 AM 12:15 PM
Purple and Turquoise 5-6 YR OLDS	4:00 PM (Boys) 4:15 PM (Girls)			5:30 PM (Boys)	4:00 PM (Girls) 5:45 PM (Girls and Boys)	9:30 AM (Girls) 10:45 AM (Girls) 11:00 AM (Girls) 3:15 PM (Girls)	8:45 AM (Boys) 9:30 AM (Boys)
Turquoise and Red 5-6 YR OLDS	5:00 PM (Girls)		5:15 PM (Girls)			9:00 AM (Girls) 1:15 PM (Girls)	
Red and Bronze 5-6 YR OLDS		5:30 PM (Girls)	4:15 PM (Girls)			12:45 PM (Boys) 2:00 PM (Girls)	8:30 AM (Girls)
Bronze and White 6-8 YR OLDS (2 HRS)		6:15 PM (Girls)					
Purple and Turquoise 7-9 YR OLDS	6:15 PM (Girls)	6:30 PM (Girls)					9:45 AM (Boys)
Turquoise and Red 7-9 YR OLDS	5:30 PM (Girls)				5:00 PM (Girls) 7:00 PM (Girls)		
Turquoise, Red, Bronze 7-9 YR OLDS							10:45 AM (Boys)
Red and Bronze 7-9 YR OLDS	5:15 PM (Girls)		6:15 PM (Girls)	5:15 PM (Girls) 6:15 PM (Girls)	6:00 PM (Boys) 7:00 PM (Girls)	11:00 AM (Girls)	10:45 AM (Girls) 1:00 PM (Girls)
Bronze and White 7-9 YR OLDS	6:15 PM (Girls)						12:45 PM (Girls)
White and Silver 7-9 YR OLDS (2 HRS)				5:15 PM (Girls)		9:00 AM (Girls)	
Silver, Yellow, Gold 7-9 YR OLDS (2 HRS)							10:00 AM (Girls)
White, Silver, Yellow, Gold 7-9 YR OLDS (2 HRS)							2:00 PM (Girls)
Red and Bronze 7+ YRS OLD							8:45 AM (Boys)
White, Silver, Yellow, Gold 7+ YRS OLD (2 HRS)							9:45 AM (Boys)
Purple and Turquoise 9+ YRS OLD				7:30 pm (Girls)		10:00 AM (Girls) 2:15 PM (Girls)	
Turquoise and Red 9+ YRS OLD	7:15 PM (Girls)						2:00 PM (Girls)
White, Silver, Yellow, Gold 9+ YRS OLD (2 HRS)			6:15 PM (Girls)			12:30 PM (Girls)	
Yellow and Gold 9+ YRS OLD (2 HRS)				6:15 PM (Girls)			
Red and Bronze 9+ YRS OLD			7:30 PM (Girls)				8:45 AM (Girls)
White and Silver 10+ YRS OLD (2 HRS)	6:30 PM (Girls)						
Silver, Yellow, Gold 10+ YRS OLD (2 HRS)							12:30 PM (Girls)
White, Silver, Yellow, Gold 10+ YRS OLD (2 HRS)				6:30 PM (Boys)			
JUST JUMP (L1-4)						1:00 PM	
JUST JUMP (L5-8)						2:00 PM	
Rhythmic Girls 7+						3:00 PM (Purple)	
Homeschool					1:00 PM		
ADULT REC 18+ (Competitive Group TBD)	Open Gym (8:30pm-10:30pm)	Beginner (5:30-7:00pm) Advanced (7:00-8:30pm)		Open Gym (8:30pm-10:30pm)			

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 Monday Feb 19th, March 7th-15th (inclusive)**

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 Nov 22, 2023 @ 12pm (Noon) for children 6 yrs and under: and on Nov 29, 2023 @ 12pm (Noon) for children 7 yrs plus**