



Recreational Program Schedule - 2026 Fall Session

Day of the Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
First Class		Sept 14th	Sept 15th	Sept 16th	Sept 17th	Sept 18th	Sept 12th	Sept 13th		
Last Class		Dec 7th	Dec 8th	Dec 9th	Dec 10th	Dec 11th	Dec 12th	Dec 13th		
Number of Weeks		12	13	12	12	12	12	12		
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				9:15 AM	10:15 AM	9:00 AM	
		TALL & SMALL 2 YEAR OLDS PARENT ASSISTED	9:00 AM	9:30 AM			10:15 AM	9:15 AM 10:00 AM	11:00 AM 11:15 AM	9:15 AM 10:00 AM 11:15 AM
		TALL & SMALL 3 YEAR OLDS PARENT ASSISTED						9:00 AM 11:15 AM	8:45 AM 10:15 AM 11:00 AM	
		INDEPENDENT 3 YEAR OLDS	4:00 PM	10:30 AM		4:30 PM	11:15 AM	8:45 AM 10:45 AM	8:30 AM 10:45 AM	9:00 AM 10:45 AM
		INDEPENDENT 4 YEAR OLDS	4:00 PM	10:30 AM 4:30 PM	5:00 PM	4:30 PM		4:30 PM	9:45 AM 10:30 AM 11:45 AM 12:15 AM	9:45 AM 10:30 AM 11:45 AM 12:15 PM
GYMNASTICS FOUNDATIONS	AGES 5-6 YEARS	PURPLE & TURQUOISE	4:30 PM	5:30 PM	4:30 PM	4:30 PM	5:30 PM	9:00 AM 1:00 PM	9:00 AM 12:45 PM 1:30 PM	
		TURQUOISE & RED	5:00 PM	5:30 PM		5:30 PM	5:30 PM	11:00 AM	10:30 AM	
		RED & BRONZE GIRLS			5:30 PM			10:00 AM 3:00 PM		
		RED & BRONZE BOYS								
	AGES 7-9 YEARS	PURPLE, TURQUOISE & RED	5:30 PM			5:00 PM (Purple/Turquoise)		10:00 AM (Turq/Red) 2:00PM	10:30 AM (P&T) 2:30 PM	
		RED & BRONZE GIRLS		6:30 PM	6:00 PM	6:00 PM 6:30 PM		9:00 AM 2:00 PM		
		RED & BRONZE BOYS						11:00 AM	3:30 PM	
		Bronze & White Girls (80 minutes)							1:45 PM	
		WHITE & SILVER GIRLS (80 minutes)	6:00 PM 6:30 PM			7:00 PM		9:15 AM	9:00 AM 3:30 PM	
	AGES 9+ YEARS	RED & BRONZE GIRLS		7:30 PM	6:00 PM	6:30 PM		2:00 PM		
		RED & BRONZE BOYS								
		WHITE & SILVER GIRLS (80 minutes)	6:30 PM (7+)		6:30 PM			10:45 AM	10:30 AM	
		WHITE, SILVER, YELLOW & GOLD BOYS (80 minutes)								
YELLOW & GOLD GIRLS (80 minutes)					6:30 PM		10:45 AM	10:30 AM		
TRAMPOLINE FOUNDATIONS	AGES 3-5 YEARS	TOTALLY TRAMPOLINE								
	AGES 5-7 YEARS	JUST JUMP - All Levels		6:30 PM						
	AGES 7+ YEARS	JUST JUMP - All Levels				7:30 PM				
ADULT PROGRAMS	AGES 18+	All levels ADULT GYMNASTICS (90 minutes)				7:30 PM				
		INTERMEDIATE/ADVANCED ADULT GYMNASTICS (90 minutes)								
		ADULT DROP IN (2 hours)	8:30 - 10:30 PM			8:30 - 10:30 PM				
SPECIALTY PROGRAMS	INCLUSIVE CLASS (45 minutes)						8:30 AM			
	SALTOS (Invitation Only) (80 minutes)			7:00 PM		6:00 PM (Boys)				
	Acro / Tumbling (Great for Dancers and/or Cheerleaders) (80 minutes)	7:00 PM								
	HOMESCHOOL GROUP									
	BIRTHDAY PARTIES 1 HOUR GYM + 1 HOUR PARTY						12:30 PM 3:15PM	11:30 AM		
	Kinder Gym DROP-IN					11:15 AM				
Additional Information Unless otherwise indicated classes are 50 minutes long & co-ed										
Foundations Badge System ->	Purple	Turquoise	Red	Bronze	White	Silver	Yellow	Gold		
PLEASE NOTE: Schedule is subject to change NO Classes on Saturday October 10th, Sunday October 11th and October 12th Check our website for any news: www.ottawagymnasticscentre.ca or contact us at info@ottawagymnasticscentre.ca or 613-722-8698 Registration OPENS on June 17th @ 12pm (Noon)										