



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:	9:15 AM 10:00 AM 11:15 AM
		TALL & SMALL 3 YEAR OLDS PARENT ASSISTED						9:00 AM 9:30 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 4:30 PM	8:45 AM 10:45 AM	8:30 PM 9:30 AM 10:45 AM
		INDEPENDENT 4 YEAR OLDS	4:00 PM	10:30 AM 4:30 PM	5:00 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 AM
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) (10:15AM Extended Class 8+) 2:00PM	(9:00AM Extended Class 6+) 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)						12:00PM Extended Class 6+)	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	10:30:00 AM (11:30AM Extended Class & Bronze 8+)
		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)	6:45 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
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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)