



## Program Schedule - 2026 Spring Session

Day of the Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class		April 13th	April 7th	April 8th	April 9th	April 10th	April 11th	April 12th
Last Class		June 22nd	June 16th	June 17th	June 18th	June 19th	June 20th	June 21st
Number of Weeks		10	11	11	11	11	10	10
ACTIVE START	AGES 8 MONTHS - 4 YEARS	BABYNASTICS (8 - 12 MONTHS) PARENT ASSISTED	11:30 AM					
		TALL & SMALL 1 YEAR OLDS PARENT ASSISTED	10:00 AM	9:30 AM	9:15 AM		10:15 AM	9:00 AM
		TALL & SMALL 2 YEAR OLDS PARENT ASSISTED	9:00 AM	11:00 AM (Indep)			9:15 AM 10:00 AM 11:00 AM	9:15 AM 10:00 AM 11:15 AM
		TALL & SMALL 3 YEAR OLDS PARENT ASSISTED		11:00 AM (Indep)			9:00 AM 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	4:30 PM	8:45 AM 10:45 AM	8:30 PM 30 AM 9:10:45 AM
		INDEPENDENT 4 YEAR OLDS	4:00 PM	10:30 AM 5:00 PM	4:30 PM	4:30 PM	9:45 AM 10:30 AM 11:45 AM 12:15 AM	9:45 AM 30 AM 11:45 AM 12:15 PM
GYMNASTICS FOUNDATIONS	AGES 5-6 YEARS	PURPLE & TURQUOISE	4:30 PM	4:30 PM 5:30 PM	4:30 PM	5:30 PM	9:00 AM 1:00 PM	8:45 AM 45 PM 1:30 PM
		TURQUOISE & RED	5:00 PM	5:30 PM	5:30 PM	5:30 PM	11:00 AM	
		RED & BRONZE GIRLS		5:00 PM			3:00 PM	
		RED & BRONZE BOYS				5:00 PM		
	AGES 7-9 YEARS	PURPLE, TURQUOISE & RED	5:30 PM	5:30 PM	5:00 PM (Purple/Turquoise)		10:00 AM (Turq/Red) 2:00PM	9:45 AM (P&T) 30 PM 2:30 PM
		RED & BRONZE GIRLS		6:30 PM	6:00 PM	6:30 PM	30 AM 2:00 PM	
		RED & BRONZE BOYS						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			9:00 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				10:30 AM
		WHITE, SILVER, YELLOW & GOLD BOYS (80 minutes)						
		YELLOW & GOLD GIRLS (80 minutes)			6:30 PM			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 3:00PM	

### 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 May 16th, Sunday May 17th and Monday May 18th

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 February 26th @ 12pm (Noon)