



**Program Schedule - 2026 Summer Session**

Day of the Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class		July 7th	July 8th	July 9th	July 10th		
Last Class		July 28th or August 25th	July 29th or August 26th	July 30th or August 27th	July 31st or August 28th		
Number of Weeks		4	4	4	4		

ACTIVE START	AGES 8 MONTHS - 4 YEARS	BABYNASTICS (8 - 12 MONTHS) PARENT ASSISTED						
		TALL & SMALL 1 YEAR OLDS PARENT ASSISTED					10:00 AM	
		TALL & SMALL 2 YEAR OLDS PARENT ASSISTED					9:00 AM	
		TALL & SMALL 3 YEAR OLDS PARENT ASSISTED					9:00 AM	
		INDEPENDENT 3 YEAR OLDS			4:30 PM		11:00 AM	
		INDEPENDENT 4 YEAR OLDS			4:30 PM		11:00 AM	
GYMNASTICS FOUNDATIONS	AGES 5-6 YEARS	Purple, Turquoise, Red, Bronze		4:30 PM		4:30 PM		
	AGES 7-9 YEARS	Purple, Turquoise, Red, Bronze		5:30 PM		6:30 PM (Boys 7+)		
		WHITE, SILVER, YELLOW & GOLD (80 minutes)		6:30 PM		30 PM (Boys 7+) 6:30 PM (Girls 8+)		
	AGES 9+	Purple, Turquoise, Red, Bronze			5:30 PM			
		WHITE, SILVER, YELLOW & GOLD (80 minutes)			6:30 PM	6:30 PM		
TRAMPOLINE FOUNDATIONS	AGES 7+ YEARS	JUST JUMP - All Levels				5:30 PM		
ADULT PROGRAMS	AGES 18+	All levels ADULT GYMNASTICS (90 minutes)						
		INTERMEDIATE/ADVANCED ADULT GYMNASTICS (90 minutes)						
		ADULT DROP IN (2 hours)	8:00 - 10:00 PM		8:00 - 10:00 PM			

**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

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 June 17th @ 12pm (Noon)**