



Recreational Schedule - 2023 Winter Session

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class	Jan 9, 2023	Jan 10, 2023	Jan 11, 2023	Jan 12, 2023	Jan 13, 2023	Jan 14, 2023	Jan 15, 2023
Last Class	Mar 27, 2023	Mar 28, 2023	Mar 29, 2023	Mar 30, 2023	Mar 31, 2023	Apr 1, 2023	Apr 2, 2023
# of Weeks	9	10	10	10	9	9	9
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	10:15 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	9:30 AM 11:00AM	8:45 AM 9:45AM 10:00 AM
TALL & SMALL 3 YR OLDS PARENT ASSISTED		11:15 AM	10:15 AM (Independent)		10:15 AM	8:30 AM 10:00 AM 10:30 AM	11:00 AM 11:30 AM
INDEPENDENT 4 YR OLDS		4:30 PM	11:15 AM 4:30 PM	4:00 PM	4:45 PM	9:15 AM 10:15 AM 11:15 AM 1:00 PM	8:45 AM 9:30 AM 10:45 AM
INTRO REC (Purple and Turquoise) 5-6 YR OLDS	4:00 PM (Boys) 4:15 PM (Girls)	5:15 PM (Girls)	5:45 PM (Girls)		5:45 PM (Girls and Boys)	2:00 PM (Girls)	8:30 AM (Girls) 9:30 AM (Boys) 1:30 PM (Girls and Boys)
JUNIOR REC (Red and Bronze) 5-6 YR OLDS	5:00 PM (Girls)	5:30 PM (Girls)	6:45 PM (Girls)			11:00 AM (Girls) 12:45 PM (Boys) 2:00PM (Girls) 2:30PM (Girls)	8:30 AM (Girls) 9:30 AM (Boys)
INTRO REC (Purple and Turquoise) 7-9 YR OLDS	5:15 PM (Girls) 6:30 PM (Girls)	6:30 PM (Girls)	5:15 PM (Boys)			3:00 PM (Girls) 3:30PM (Girls)	10:45 AM (Boys) 2:30 PM (Boys)
JUNIOR REC (Red and Bronze) 7-9 YR OLDS	5:15 PM (Girls) 6:15pm (Girls)		4:15 PM (Girls) 5:15 PM (Boys)	5:00 PM (Girls)	7:00 PM (Girls)	3:00 PM (Girls)	10:45 AM (Boys) 12:15 AM (Girls) 1:30 PM (Girls) 3:30 PM (Girls)
INTRO & JUNIOR REC 9+ YR OLDS	7:15 PM (Girls)	7:30 PM (Girls)					2:30 PM (Girls)
INTERMEDIATE (White and Silver) 7-9 YR OLD GIRLS (2 HRS)		6:15 PM (Girls)		6:15 PM		9:00 AM	10:30 AM
ADVANCED (Yellow and Gold) 7-9 YR OLD GIRLS (2 HRS)				6:15 PM			10:30 AM
INTERMEDIATE & ADVANCED 9+ YR OLD GIRLS (2 HRS)							12:30 PM 2:45 PM
INTERMEDIATE & ADVANCED 7-12 YR OLD BOYS (2 HRS)			6:15 PM				
JUST JUMP (L1-4)				4:00 PM			
JUST JUMP (L5-8)				5:00 PM			
ADULT REC 18+	Adult Gym (6:00-7:30pm) Condition (7:30-8:00pm) Handstands (8:00-8:30pm) Open Gym (8:45- 10:45pm)			Adult Gym (6:00-7:30pm) Condition (7:30-8:00pm) Handstands (8:00-8:30pm) Open Gym (8:45- 10:45pm)	Adult Comp Group (6:30 -8:30)		

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 February 20th (Family Day) and March 2nd - 19th INCLUSIVE

Check our website for any news: www.ottawagymnasticscentre.ca or contact us at info@ottawagymnasticscentre.ca or 613-722-8698 ext 221

Registration OPENS on December 1st @ 12pm (Noon)