



## Program Schedule - 2025 Fall Session

Updated - Monday June 12

Day of the Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class		Sept 15th	Sept 16th	Sept 17th	Sept 18th	Sept 19th	Sept 13th	Sept 14th
Last Class		Dec 8th	Dec 2nd	Dec 3rd	Dec 4th	Dec 5th	Dec 6th	Dec 7th
Number of Weeks		12	12	12	12	12	12	12
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		10:15 AM	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		10:15 AM	9:00 AM 11:15 AM	8:45 AM 10:15AM 11:00 AM
		INDEPENDENT 3 YEAR OLDS		4:30 PM	10:30 AM	4:30 PM	8:45 AM 10:45 AM	10:45 AM 11:45 AM
		INDEPENDENT 4 YEAR OLDS		4:30 PM	10:30 AM 5:00 PM	4:30 PM	9:45 AM 11:45 AM 12:15 AM	9:45 AM 11:45 AM 12:15 PM
GYMNASTICS FOUNDATIONS	AGES 5-6 YEARS	PURPLE & TURQUOISE	4:30 PM	5:30 PM	4:30 PM	5:30 PM	9:00 AM 1:15 PM	1:30 PM
		TURQUOISE & RED	5:00 PM	5:30 PM	4:30 PM	5:30 PM	11:00 AM	
		RED & BRONZE GIRLS	5:00 PM				3:15 PM	
		RED & BRONZE BOYS				5:00 PM		
	AGES 7-9 YEARS	PURPLE , TURQUOISE & RED	5:30 PM		5:30 PM		10:00 AM 2:15 PM	2:30 PM
		RED & BRONZE GIRLS		6:30 PM	6:00 PM	6:00 PM		
		RED & BRONZE BOYS						3:30 PM
		WHITE & SILVER GIRLS (80 minutes)	6:00 PM 6:30 PM					9:00 AM 3:30 PM
		WHITE, SILVER, YELLOW & GOLD BOYS (80 minutes)						
	AGES 9+ YEARS	RED & BRONZE GIRLS		6:30 PM	6:00 PM	6:00 PM	2:30 PM	
		RED & BRONZE BOYS						
		WHITE & SILVER GIRLS (80 minutes)	6:30 PM		6:30 PM			9:00 AM 10:30 AM
		WHITE, SILVER, YELLOW & GOLD BOYS (80 minutes)			5:00 PM			
		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		4:00 PM		
	AGES 7+ YEARS	JUST JUMP - All Levels		7:30 PM	7:30 PM			
ADULT PROGRAMS	AGES 18+	BEGINNER ADULT GYMNASTICS (90 minutes)						
		INTERMEDIATE/ADVANCED ADULT GYMNASTICS (90 minutes)						
		ADULT DROP IN (2 hours)						
SPECIALTY PROGRAMS		INCLUSIVE CLASS (45 minutes)					8:30 AM	
		SALTOS (Invitation Only) (90 minutes)			6:30 PM			
		Acro / Tumbling Clinic (75 minutes)						
		HOMESCHOOL GROUP						
		BIRTHDAY PARTIES 1 HOUR GYM + 1 HOUR PARTY					12:45 PM 3:15 PM	

### 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

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, 2025 @ 12pm (Noon)