



Program Schedule - 2025 Summer Session

Updated - Monday June 10

Day of the Week	Tuesday	Wednesday	Thursday	Friday
July Session 4 weeks	July 7th - July 29th	July 8th - July 30th	July 9th - July 31st	July 10th - August 1st
August Session 4 weeks	Aug 5th - Aug 26th	Aug 6th - Aug 27th	Aug 7th - Aug 28th	Aug 8th - Aug 29th

ACTIVE START	AGES 8 MONTHS - 4 YEARS	BABYNASTICS (8 - 12 MONTHS) PARENT ASSISTED				
		TALL & SMALL 1 YEAR OLDS PARENT ASSISTED				9:00 AM
		TALL & SMALL 2 YEAR OLDS PARENT ASSISTED				10:00 AM
		TALL & SMALL 3 YEAR OLDS PARENT ASSISTED				10:00 AM
		INDEPENDENT 3 YEAR OLDS		4:30 PM	4:30 PM	11:00 AM
		INDEPENDENT 4 YEAR OLDS		4:30 PM	4:30 PM	11:00 AM
GYMNASTICS FOUNDATIONS	AGES 5-6 YEARS	PURPLE & TURQUOISE	4:30 PM	5:30 PM	5:30 PM	
		RED & BRONZE GIRLS	4:30 PM	5:30 PM		
		RED & BRONZE BOYS				
	AGES 7-9 YEARS	PURPLE , TURQUOISE & RED	5:30 PM	4:30 PM (7+)		
		RED & BRONZE GIRLS	5:30 PM		6:30 PM (7+)	
		RED & BRONZE BOYS			5:30 PM	
		WHITE, SILVER, YELLOW, GOLD GIRLS (80 minutes)	6:30 PM	6:30 PM		
	AGES 9+ YEARS	WHITE, SILVER, YELLOW & GOLD BOYS (80 minutes)			5:30 PM	
		RED & BRONZE GIRLS		6:00 PM		
		RED & BRONZE BOYS			5:30 PM	
		WHITE & SILVER GIRLS (80 minutes)		6:30 PM		
		WHITE, SILVER, YELLOW & GOLD BOYS (80 minutes)			5:30 PM	
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	6:30 PM			
ADULT PROGRAMS	AGES 18+	BEGINNER ADULT GYMNASTICS (90 minutes)				
		INTERMEDIATE/ADVANCED ADULT GYMNASTICS (90 minutes)				
		ADULT DROP IN (2 hours)			8:30 PM - 10:30 PM	
SPECIALTY PROGRAMS						
		SALTOS (Completed Gold or Invitation) (90 minutes)		6:30 PM		

Additional Information

Unless otherwise indicated classes are 50 minutes long & co-ed

Foundations Badge System ->	Purple	Red	Bronze	White	Silver
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PLEASE NOTE: Schedule is subject to change

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

Registration OPENS on June 17, 2025 @ 12pm (Noon)