



Program Schedule - 2025 Winter Session

Day of the Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
First Class		January 6th, 2025	January 7th, 2025	January 8th, 2025	January 9th, 2025	January 10th, 2025	January 11th, 2025	January 12th, 2025	
Last Class		March 3rd, 2025	March 4th, 2025	March 5th, 2025	March 6th, 2025	March 7th, 2025	February 22nd, 2025	February 23rd, 2025	
Number of Weeks		8	9	8	8	8	7	7	
ACTIVE START	AGES 8 MONTHS - 4 YEARS	BABYNASTICS (8 - 12 MONTHS) PARENT ASSISTED 11:30 AM (45 minutes)				11:30 AM (45 minutes)			
	TALL & SMALL 1 YEAR OLDS PARENT ASSISTED	10:00 AM	10:00 AM	9:15 AM			9:00 AM 10:00 AM	9:00 AM 10:00 AM	
	TALL & SMALL 2 YEAR OLDS PARENT ASSISTED	9:00 AM	11:00 AM			10:15 AM	9:15 AM 10:15 AM 11:15 AM	9:15 AM 9:30 AM 10:15 AM 11:15 AM	
	TALL & SMALL 3 YEAR OLDS PARENT ASSISTED		11:00 AM			10:15 AM	9:30 AM 10:30 AM 11:00 AM 11:30AM	8:30 AM 8:45 AM 11:30 AM	
	INDEPENDENT 3 YEAR OLDS			10:30 AM		4:00 PM	8:45 AM	10:30 AM 10:45 AM 11:45 AM	
	INDEPENDENT 4 YEAR OLDS		4:00 PM	10:30 AM 5:00 PM	4:30 PM	4:30 PM	9:45 AM 10:45 AM 11:45 AM 12:15 AM	9:45 AM 11:00 AM 11:45 AM 12:00 PM 12:15 PM	
GYMNASTICS FOUNDATIONS	AGES 5-6 YEARS	PURPLE & TURQUOISE	4:00 PM 4:30 PM	5:00 PM	4:30 PM	5:30 PM	5:30 PM	9:00 AM 1:00 PM 1:30 PM	1:00 PM 1:30 PM
		TURQUOISE & RED	4:30 PM	5:00 PM				10:00 AM	2:00 PM
		RED & BRONZE GIRLS			6:00 PM			3:00 PM	
		RED & BRONZE BOYS			4:00 PM		5:00 PM		
	AGES 7-9 YEARS	PURPLE & TURQUOISE	5:00 PM		5:30 PM			2:00 PM	
		TURQUOISE & RED	5:30 PM		5:30 PM			11:00 AM 2:00 PM	2:30 PM
		RED & BRONZE GIRLS		6:00 PM	6:00 PM		6:00 PM	2:30 PM	3:00 PM
		RED & BRONZE BOYS					6:30 PM		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)			5:00 PM				
	AGES 9+ YEARS	RED & BRONZE GIRLS		7:00 PM		6:30 PM		2:30 PM	
		RED & BRONZE BOYS					6:30 PM		3:30 PM
		WHITE & SILVER GIRLS (80 minutes)			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	3:30 PM 4:30 PM	3:30 PM		3:30 PM	3:30 PM		
	AGES 5-7 YEARS	JUST JUMP - All Levels		6:30 PM					
	AGES 8+ YEARS	JUST JUMP - All Levels	7:30 PM	7:30 PM		7:30 PM			
TEEN PROGRAMS	AGES 13-17 YEARS	TEEN GYMNASTICS 13+ (80 minutes)		6:00 PM					
ADULT PROGRAMS	AGES 18+	BEGINNER ADULT GYMNASTICS (90 minutes)		7:30 PM					
		INTERMEDIATE/ADVANCED ADULT GYMNASTICS (90 minutes)		7:30 PM					
		ADULT DROP IN (2 hours)	8:30 PM			8:30 PM			
SPECIALTY PROGRAMS	INCLUSIVE CLASS						8:30 AM		
	SALTOS (Invitation Only) (90 minutes)				7:00 PM			10:30 AM	
	HOMESCHOOL GROUP						1:00 PM		
	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
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PLEASE NOTE: Schedule is subject to change

There will be no classes on February 17th (family day), February 26th - March 2nd (In House Competition)

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

Registration OPENS on November 20th, 2024 @ 12pm (Noon)