

Group Fitness						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
MAX Strength 6-7am (G)	Yoga 6-7am (S)	Cyclefit 6-6:45am (S)	Barre 8-8:50am (S)	Boot Camp 6-7am (G)	HIIT 7:15-8am (S)	
HIIT 8-8:45am (S)	TRX L1 8-8:50am (G)		TRX 9-10am (S)	Core 8:15-8:45am (S)	Lift 8:15-9:15am (G)	
Zumba® 9-10am (S)	Zumba 9-10am (S)	Kickboxing* 8-8:45am (S)	HIIT 9-10am (G)	Cyclefit/BootCamp* 9-10am (S)	Barre 8:15-9:15am (S)	Yoga 9:30-10:30am (S)
TRX BootCamp 9-10am (G)	Strength 9-10am (G)	Yoga 9-10am (S)	Baby & Me Fitness 10:15-11am (S)	Step 9-10am (G)	Step Adv. 9:30-10:45 am (G)	Cyclefit 11-12pm (S)
Barre 10:15-11:15am (S)	Cyclefit 10:15-11am (S)	Step 9-10am (G)	Synrgy Circuit 10:15-10:45am (FC)	Cardio & Strength L1 10:15-11:15am (G)	Yoga 9:30-10:30am (S)	Yoga Chi 12:30-1:30pm (S)
Cardio & Strength L1 10:15-11:15am (G)	Baby & Me Tummy Time 10:15-11am (FZ)	Cardio & Strength L1 10:15-11:15am (G)	Core 10:45-11am (FC)	Yoga 10:15-11:15am (S)	Zumba® 10:45-11:45am (S)	
Baby & Me Fitness 11:30am-12:15pm (G)	Synrgy Circuit 10:15-10:45am (FC)	Zumba® 10:15-11:15am (S)	Strength L1* 11:30am-12:30pm (S)	Yoga 11:30am-12:30pm (S)	Learn to Dance (starts Oct) 12-1pm (S)	
	Core 10:45-11am (FC)	Tai Chi (S) L1 11:30am-12:15pm L2 12:15-1pm	Bridge to Wellness L2 12:45-1:45pm (S)	Alberta Cancer Exercise 1-2pm (S)	Kickboxing* 1:30-2:30pm (S)	
Yoga 1:30-2:45pm (S)	Strength L1* 11:30am-12:30pm (S)	Baby & Me Barre 12:30-1:15pm (G)	Yoga L1 2-3:30pm (S)		Judo 3:45-5:45pm (MPR)	
Cardio & Strength 4:30-5:15pm (S)	Bridge to Wellness 1:15-2:15pm (S)	Alberta Cancer Exercise 2-3pm (S)	Taekwondo 4:30-5:30pm (MPR)			
Cyclefit 6-6:45pm (S)	Taekwondo 4:30-5:30pm (MPR)	HIIT 4:30-5:15pm (S)	Baby & Me Barre 5-5:45pm (S)	Yoga 5:15-6:15pm (S)		
Step 6:15-7pm (G)	Barre 5:15-6pm (S)	Cyclefit 6-7pm (S)	Strength 6-7pm (S)	Cardio Dance 6:30-7:30pm (S)		Judo 4-5:30pm (S)
Synrgy Circuit 6:15-7pm (FC)	High Fitness 6:15-7pm (S)	Kickboxing* 6:15-7:15pm (G)	Synrgy Circuit 6:15-7pm (FC)	Teen Night 7-10pm (G & FZ)		Aikido 6:30-8pm(MPR)
Core 7-7:15pm (FC)	Lift 6:15-7:15pm (G)	Synrgy Circuit 6:30-7pm (FC)	Boxing BootCamp 6:15-7pm (G)			
Zumba® 7:15-8:15pm (S)	Core 7-7:15pm (FC)	Core 7-7:15pm (FC)	Aikido (Starts Oct) 6:30-8pm (MPR)	Youth Fitness 7:45-8:45pm (S)	<i>All * classes require a sign-up due to popular demand; Sign-up sheets are made available 15 minutes prior to the start of class</i>	
Strength 7:15-8:15pm (G)	Yoga 7:15-8:15pm (S)	Zumba® 7:15-8:15pm (S)	Core 7-7:15pm (FC)			
Tai Chi L1 8:30-9:15pm (S) L2 9:15-10pm (S)	Zumba® 8:30-9:15pm (S)	Yoga 8:30-9:30pm (S)	Zumba® 7:15-8:15pm (S)		Registered Program	
Judo 7-10pm (MPR)		Judo 8-9:45pm (MPR)	Yoga 8:30-9:30pm (S)			

ROOM & PROGRAM LOCATIONS

(G) Gymnasium | (MPR) Multi Purpose Room | (S) Studio | (FC) Fitness Centre | (C) Classroom | (MP) Main Pool | (TP) Teach Pool | (FZ) Family Zone

Open Gym						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
7:15-8:45am 3:15-3:45pm 8:30-11:15pm	5:30-7:45am 2:30-3:45pm 7:30-8:45pm	5:30-8:45am 11:30-12:15pm 7:30-11:15pm	5:30-8:45am 12:30-3:45pm 7:15-8:45pm	7:15-8:45am 11:30-3pm 5:15-11:15pm	7-8am 11-12:45pm 3:15-8:45pm	4:15-8:45pm *4-6pm can be ½ gym if booked

Aquatic Schedule											
Mon	Tues	Wed	Thur	Fri	Sat	Sun					
AQUATIC FITNESS TEACH POOL											
	Deep 6-6:45am		Deep 6-6:45am								
Deep 7-7:45am	Deep 7-7:45am	Deep 7-7:45am	Deep 7-7:45am			Deep 7:45-8:45am					
Deep* 8-8:45am	Deep* 8-8:45am	Deep* 8-8:45am	Aqua Zumba®* 8-8:45am	Deep* 8-8:45am	Deep 8-8:45am						
Shallow* 9-9:45am	Shallow* 9-9:45am	Shallow* 9-9:45am	Shallow* 9-9:45am	Shallow* 9-9:45am							
Deep 12-12:45pm	Shallow 10-10:45am	Deep 10-10:45am	Deep 10-10:45pm	Shallow 10-10:45am							
	Shallow* 12-12:45pm		Aqua Bridge to Wellness 1-2pm	Aqua Baby & Me 11-11:45am							
Deep 7:30-8:15pm	Shallow 7:15-8pm	Deep 7:30-8:15pm	Shallow 7:30-8:15pm		* Indicates wrist band required						
Aqua Zumba® 8:20-9:05pm	Aqua Zumba® 8:05-8:50pm				Indicates Registered Program						
DROP IN SWIM LESSONS											
	Parented Lil' Dippers 12-12:30pm	Parented Lil' Dippers 5:45-6:15pm			Parented Lil' Dippers 10-10:30am	Parented Lil' Dippers 10-10:30am					
			Teen 6:55pm-7:55pm		Parented Lil' Dippers 11:45am-12:15pm	Parented Lil' Dippers 11:45am-12:15pm					
	Adult 6:55-7:55pm		Adult 6:55pm – 7:55pm		Adult 1:30-2:30pm	Adult 1:30-2:30pm					
SWIM LESSONS & CLUBS											
Continuous Swim Lessons 4-8pm	Continuous Swim Lessons 9-12pm 4-8pm	Continuous Swim Lessons 4-8pm Swim Club 6-8pm	Continuous Swim Lessons 4-8pm	Mermaid Swim School 4:30-5:30pm Swim Club 6-8pm Jr. Lifeguard Club 6-8pm	Continuous Swim Lessons 10am-2:45pm	Continuous Swim Lessons 10am-2:45pm					
LANE SWIM MAIN POOL											
Aqua Jog is available in the Main Pool lanes according to the "Lane Swim Schedule", provided that the user is in the appropriate lane (speed) and is adhering to lane swim etiquette.											
5:30am-3:45pm	# 4	5:30am-3:45pm	# 4	5:30am-3:45pm	# 4	5:30am-4:30pm	# 4	7-9:45am	# 4	7am-9:45am	# 4
3:45-8pm	1	3:45-8pm	1	3:45-8pm	1	4:30-6pm	2	9:45am-3pm	1	9:45am-3pm	1
8-11pm	3	8-11pm	3	8-11pm	3	6-8pm	1	3-8:45pm	3	3-8:45pm	3
						8-11pm	3				
<i>At least one lane is always available for member lane swim, including during YMCA Swim Lesson times.</i>											
MEMBER FAMILY SWIM Subject to Pool Availability											
Every day* from 5:30am–11pm Weekdays and 7am–8:45pm Weekends (*excluding Aqua Fitness times listed above)											
MEMBER & PUBLIC SWIM											
8-11pm	8-11pm	8-11pm	8-11pm	6:30-11pm	5-8:45pm	3-8:45pm					

Recreational Sports						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
Volleyball 6:45-9pm (FC)	Pickleball 10:15-11:15am (G) Beg 11:15am- 12:15pm (G) All	Pickleball 1:30-3:45pm (G)	Pickleball 10:15-12:15am (G)			Badminton 7:15-10:45am (G) Advanced Booking required
	Adult Floor Hockey 12:30-2:15pm (G)	Adult/Youth Soccer 9-11:15pm (G)		Adult Floor Hockey 3:15-5pm (G)		Pickleball 1:15-4pm (G)

Sports & Recreation Registered Programs

Member Fee (\$10/session)		2-3yrs Parent Participation*	3-5yrs Parent Participation*	5-7yrs	7-9yrs	9-12yrs	12-14yrs
Basketball	Monday			4-4:55pm	4-4:55pm 5-5:55pm	5-5:55pm	
	Wednesday			4-4:55pm	4-4:55pm 5-5:55pm	5-5:55pm	
	Saturday			1-1:55pm	2-2:55pm	2-2:55pm	
Soccer	Tuesday			4-4:55pm	4-4:55pm 5-5:55pm	5-5:55pm	
	Saturday					1-1:55pm	
Volleyball	Thursday				4-4:55pm	4-4:55pm 5-5:55pm	5-5:55pm
Floor Hockey	Sunday				11-11:55am 12-12:55pm	11-11:55am	12-12:55pm
Gym & Swim	Thursday	11am-12:15pm*	11am-12:15pm*				
	Sunday	3-4:15pm*	3-4:15pm*				
Pre-Sport	Tuesday	11:30am-12:15pm*	12:30-1:15pm 5:45-6:30pm				
Creative Movement	Saturday		10-10:45am	11-11:45am			

Childminding 0-5 yrs	Mon	Tues	Wed	Thur	Fri	Sat	Sun
This pre-booked service is included with your child's membership and offers you the chance to utilize YMCA programs and services while your children enjoy a safe, interactive and fun environment! Call 780 930.2322 to Book. Included for members, \$7/Visit for non-members. Parents must remain in the centre while children are in care.	8:45am-12:30pm	8:45am-12:30pm	8:45am-1:30pm	8:45am-12:30pm	8:45am-11:30pm	9am-12pm	9am-12pm
	4-8pm	4-8pm	4-8pm	4-8pm			
Kids Club drop-in 6-12 yrs			5-8pm		N/A	9-12pm	N/A
Family Zone			5-8pm		5-10pm	1-4pm 5-8pm	
YMCA Play Group		6:15-7:45pm			11am-12:30pm		



northernalberta.ymca.ca

Jamie Platz FAMILY YMCA

HEALTH, FITNESS & AQUATICS SCHEDULE

Fall 2019 Session
September 9-December 22

7121 178 St NW
Edmonton, AB T5T 5T9
(780) 481-YMCA (9622)

Hours of Operation

Monday to Friday: **5:30am-11:30pm**

Weekends & Holidays: **7am-9pm** *Pool Closes at 8:45pm

*Aquatic Facilities Now Open Until 11pm Weekdays!

Statutory Holidays

October 14 *Thanksgiving*
November 11 *Remembrance Day*

Getting is Good Giving is Better

Be a donor.
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Building healthy communities