

Group Fitness						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
	Cyclefit 5:45-6:45am	Circuit Training 5:45-6:45am (G)	Cyclefit 5:45-6:45am		Yoga 8-9am (MPR)	Yoga 8-9am (MPR)
Core 8:15-8:45am (G)	Step & Strength 9-9:55am (G)	Core 8:15-8:45am (G)	Cardio Kickbox 9-9:55am (G)	Core 8:15-8:45am (G)	TRX 8:15-8:45am (G)	
Strength - Total Body 9-9:55am (G)	Synrgy 360 Circuit 9-10am (FC)	Group Power 9-9:55am (G)	Synrgy 360 Circuit 9-9:45am (FC)	Strength - Total Body 9-9:55am (G)	Step & Strength 9-9:55am (G)	
Synrgy 360 Circuit 9-10am (FC)	Barre 9-9:45am (MPR)	Synrgy 360 Circuit 9-10am (FC)	Barre 9-9:45am (MPR)	Synrgy 360 Circuit 9-10am (FC)	Cyclefit 9-10am	
Cyclefit 9:30-10:30am		Cyclefit 9:30-10:30am	Cyclefit 9:45-10:30am	Cyclefit 9:30-10:30am		
Break Through 9:45-10:45am (MPR)	Yoga - Seated 10-11am (MPR)		Yoga 10-11am (MPR)	Yoga 9-9:50am (MPR)	Strength - Total Body 10:05-11am (G)	Barre 10-10:45am (MPR)
	Baby & Me Tummy Time 10-10:45am (S2)	Baby & Me Fitness 10-10:45am (MPR)	Baby & Me Stretch 10-10:45am (S2)	Baby & Me Barre 10-10:45am (MPR)		
Zumba® 10:05-11am (G)	Group Power 10:05-11am (G)	Zumba® 10:05-11am (G)	Strength - Total Body 10:05-11am (G)	Zumba® 10:05-11am (G)		
Yoga 11am-12pm (MPR)	Cardio & Strength L1 11:10am-12:05pm (G)	Yoga 11am-12pm (MPR)	Cardio & Strength L1 11:10am-12:05pm (G)	Yoga - Seated 11am-12pm (MPR)	Zumba® 11:10am-12:05am (G)	Yoga 11am-12pm (MPR)
	Bridge to Wellness 11:30am-12:30pm (MPR)		Bridge to Wellness 11:30am-12:30pm (MPR)			
Alberta Cancer Exercise 11am-12pm (FC)	Tai Chi 12:30-1:30pm (MPR)	Alberta Cancer Exercise 11am-12pm (FC)		Alberta Cancer Exercise 11am-12pm (FC)		
Tae Kwon Do 4:30-5:30pm (MPR)		Tae Kwon Do 4:30-5:30pm (MPR)			Family Zumba® 3-3:45pm (MPR)	
HIIT 5:30-6pm (FC)		HIIT 5:30-6pm (FC)		HIIT 5:30-6pm (FC)	Strong by Zumba® 4:30-5:30pm (G)	
Yoga 6-7pm (MPR)		Barre 6-6:45pm (MPR)	Barre 6-6:45pm (MPR)			
Strength - Total Body 6:15-7:10pm (G)	High Fitness 6:15-7:10pm (G)	Bootcamp 6:15-7:10pm (½G)	Zumba® 6:15-7:10pm (G)	Step & Strength 6-6:55pm (MPR)	<i>All YOGA, TRX, CYCLEFIT & SYNRGY360 classes require a sign-up tag due to popular demand; tags are made available 15 minutes prior to the start of class at the Membership desk.</i>	
Cyclefit 6:15-7:15pm	Boxing 7-8:15pm (MPR)	Cyclefit 6:15-7:15pm				
Yoga 7-8:30pm (MPR)	Group Power 7:20-8:20pm (G)	Yoga 7-8pm (MPR)	Yoga 7-8pm (MPR)			
Zumba® 7:20-8:20pm (G)	Tai Chi 8:30-9:30pm (MPR)	Zumba® 7:20-8:20pm (G)	Group Power 7:20-8:20pm (G)			
<i>Registration Required for these classes</i>						

Recreational Sports						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
Pickleball 1-3pm (G)	Adult Volleyball 8:30-10:15pm (G)		Pickleball 1-3pm (G) Adult Floor Hockey 8:30-10:15pm (G)			Badminton/Pickleball 7am-12pm (G) <i>Advanced Booking starts every Thursday</i>
OPEN GYM						
5:30-8am 11am-12:45pm 3:15-4pm 8:30-10:15pm	5:30-8:45am 12:15-1pm 1-2pm ½ 2-4pm	7-8am 11:15am-1pm 1-2pm ½ 2-4pm 8:30-10:15pm	5:30-8:45am 12:15-12:45pm 3:15-4pm	5:30-8am 11am-1pm 1-2pm ½ 2-4pm	7-8am 6-8:45pm	4-5pm 5-6:30pm ½ 6:30-8:45pm

Aquatic Schedule						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
AQUATIC FITNESS						
Shallow 8-8:45am (MP)		Shallow 8-8:45am (MP)		Shallow 8-8:45am (MP)	Triathlon Swim 7:15-8:15am (4 lanes)	
Deep 9-9:45am (MP)	Shallow/Deep 9-9:45am (MP)	Deep 9-9:45am (MP)	Shallow/Deep 9-9:45am (MP)	Deep 9-9:45am (MP)	Shallow/Deep 8:15-9am (MP)	
Baby & Me Aqua 10-10:45am (MP/TP)						
Warm Water 11-11:45am (TP)		Warm Water 11-11:45am (TP)		Warm Water 11-11:45am (TP)		
	Shallow/Deep 12:15-1pm (MP)	Shallow/Deep 12:15-1pm (MP)	Shallow/Deep 12:15-1pm (MP)	Shallow/Deep 12:15-1pm (MP)		
Warm Water 1-1:45pm (TP)		Warm Water 1-1:45pm (TP)		Warm Water 1-1:45pm (TP)		
	Shallow/Deep 8-8:45pm (MP)	Shallow/Deep 8-8:45pm (MP)	Aqua Zumba® 8-8:45pm (MP)		<i>Registration Required</i>	
DROP IN SWIM LESSONS						
Parented Lil' Dippers 5:05-5:35pm	Parented Lil' Dippers 10:35-11:05am				Parented Lil' Dippers 9:35-10:05am	Parented Lil' Dippers 10-10:30am
Teen 6:15-7:15pm					Teen 10:45-11:45am	
Adult 6:50-7:50pm	Adult 6:50-7:50pm				Adult 1:35-2:35pm	Adult 11:45-12:45pm
SWIM LESSONS & CLUBS						
Continuous Swim Lessons (Children) 4:30-8pm	Continuous Swim Lessons (Children) 10-12pm 4:30-8pm	Continuous Swim Lessons (Children) 4:30-8pm	Mermaid Swim School 3:30-4:30pm	Junior Lifeguard Club 4:30-6:30pm	Continuous Swim Lessons (Children) 9-3pm	Continuous Swim Lessons (Children) 10-1pm
		YMCA Swim Club 6-7:30pm (A)	Continuous Swim Lessons (Children) 4:30-8pm	YMCA Swim Club 6:30-8pm (A, B)		YMCA Swim Club 5-6:30pm (B)
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.						
5:30-8am 10-11am 11am-4:15pm 8-10:15pm	# 4 2 4 4	5:30-9am 10am-12pm 1-4:15pm 9-10:15pm	# 4 4 3 4	5:30-8am 10am-12pm 1-4:15pm 9-10:15pm	# 4 4 3 2 4	5:30-8am 10am-12pm 1-4:30pm 4:30-6:30pm 8-10:15pm
					3-5pm 5-8:45pm	# 2 3
<i>At least one lane is always available for member lane swim, including during YMCA Swim Lesson times.</i>						
MEMBER FAMILY SWIM TEACH POOL						
5:30-10:45am 12-1pm 2-4:15pm 8-10:15pm	5:30-10am 12-4:15pm 8-10:15pm	5:30-10:45am 12-1pm 2-4:15pm 8-10:15pm	5:30am-4:15pm 8-10:15pm	5:30-10:45am 12-1pm 2-10:15pm	7-9am 3-8:45pm	7-10am 1-8:45pm
MEMBER FAMILY SWIM MAIN POOL						
5:30-8am 11-4:15pm 8-10:15pm	5:30-9am 10am-12pm 1-4:15pm 9-10:15pm	5:30-8am 10am-12pm 1-4:15pm 9-10:15pm	5:30-9am 10am-12pm 1-4:15pm 9-10:15pm	5:30-8am 10am-12pm 1-6:30pm 8-10:15pm	7-8am 3-8:45pm	7-10am 1-5pm 6:30-8:45pm
MEMBER & PUBLIC SWIM						
8-10:15pm	9-10:15pm	9-10:15pm	9-10:15pm	8-10:15pm	3-8:45pm	3-5pm 6:30-8:45pm

ROOM & PROGRAM LOCATIONS

(G) Gymnasium | (MPR) Multi Purpose Room | (S2) Studio 2 | (FC) Fitness Centre | (C) Classroom | (MP) Main Pool | (TP) Teach Pool

Sports & Recreation Registered Programs							
Member Fee (\$10/session)		1-3yrs Parent Participation*	3-5yrs Parent Participation*	5-7yrs	7-9yrs	9-12yrs	12-14yrs
Basketball - Gym	Mon			4:10-5:05pm	4:10-5:05pm 5:10-6:05pm	5:10-6:05pm	
	Thu			4:10-5:05pm	4:10-5:05pm 5:10-6:05pm	5:10-6:05pm	
	Fri						4:10-5:05pm
	Sat			1:15-2:10pm	2:15-3:10pm	2:15-3:10pm 12:15-1:10pm	
Soccer - Gym	Tues			4:10-5:05pm	4:10-5:05pm 5:10-6:05pm	5:10-6:05pm	
	Sun				3-3:55pm	3-3:55pm	
Volleyball - Gym	Sat				3:30-4:25pm	3:30-4:25pm	
Floor Hockey - Gym	Wed			4:10-5:05pm	4:10-5:05pm 5:10-6:05pm	5:10-6:05pm	
	Fri						4:10-5:05pm
	Sat				12:15-1:10pm	1:15-2:10pm	
Gym & Swim - MPR	Thu	1:15-2:30pm*	3-4:15pm*				
Pre-Sport - MPR	Tues	1:30-2:15pm*	4:15-5:00pm				
Creative Movement - MPR	Sat		1-1:45pm	2-2:45pm			
Y play group (6wk-5yrs) – Toddler Zone	Wed	10-11:30am* (6wks-5yrs)					

Drop-In Programs	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Childminding 0-5 yrs.		8:30am-1:30pm 5-9pm			8:30am-1:30pm 5-7pm	9am-12:15pm	9am-12:15pm
Kids Club 5-12 yrs.		5pm-9pm			5pm-7pm	9am-12:15pm	9am-12:15pm
Childminding and Kids Club are a drop-in service that are FREE with your child's membership and offers you the chance to utilize YMCA programs & services while your children enjoy a safe, interactive & fun environment for up to 2 hours. Please note that this service is only available while parents remain at the YMCA.							

Preschool, Child and Youth Registered Specialty Programs			
Badminton - Gym	Sun	9-12yrs	1-1:55pm
		12-17yrs	2-2:55pm
Kids in the Kitchen – Classroom	Wed	4-5yrs	4:30-5:30pm
		6-12yrs	6-7:30pm
Leaders in Training - Classroom	Thu	6:30-8:30pm	
Sportball - MPR	Sat	2-3yrs Parented	9:15-10am
		3-5yrs	10-11am
		5-7yrs	11am-12pm
Youth Boxing	Tues	12-17yrs	6-6:55pm



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WILLIAM LUTSKY FAMILY YMCA

HEALTH, FITNESS & AQUATICS SCHEDULE

Fall Session
Sept 9–Dec 22, 2019

1975 111 Street NW
Edmonton, AB T6J 7C6
(780) 439-YMCA (9622)

Hours of Operation

Monday to Friday: **5:30am-10:30pm**

Weekends & Holidays: **7am-9pm**

*Aquatic Facilities close 15 minutes before the Centre closes

Statutory Holidays

Oct 14th Thanksgiving

Nov 11th Remembrance Day



Getting is Good



Giving is Better

Be a donor.

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Building healthy communities