

# ADULT FITNESS & LIFESTYLE

CASTLE DOWNS FAMILY YMCA | JANUARY 6<sup>th</sup> – JUNE 21<sup>st</sup>

## GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING</b>						
<b>TRX*</b> 8:15-9:15am (S)		<b>Cyclefit*</b> 5:45-6:30am (S)				<b>Cyclefit*</b> 8:45-9:45am (S)
<b>Aqua Deep</b> 9-10am (MP)	<b>Synrgy 360</b> 9-10am (FC)	<b>TRX*</b> 8:15-9:15am (S)			<b>Cyclefit*</b> 9:15-10:15am (S)	<b>Yoga</b> 9:30-11am (S3)
<b>Bootcamp</b> 9:15-10:15am (G)	<b>Yoga</b> 9:15-10:15am (S3)	<b>Aqua Deep</b> 9-10am (MP)		<b>Aqua Deep</b> 9-10am (MP)		<b>Aqua Deep</b> 10-11am (MP)
<b>Aqua Shallow</b> 10:15-11am (MP)	<b>Cyclefit Bootcamp*</b> 9:15-10:15am (S)	<b>Stretch &amp; Mobility</b> 9:15-10am (S3)	<b>Strength</b> 9:15-10:15am (G)	<b>Cardio Kickboxing</b> 9:15-10:15am (G)	<b>Zumba®</b> 10-11am (S3)	<b>Cardio Dance</b> 10:30-11:15am (S)
<b>Cardio &amp; Strength</b> 10:30-11:30am (G)	<b>Aqua Baby &amp; Me</b> 10:30-11:15am (MP)	<b>Aqua Shallow</b> 10:15-11am (MP)		<b>Aqua Shallow</b> 10:15-11am (MP)		
<b>Aikido</b> 10:30am-12pm (S)	<b>HIIT</b> 10:30-11:30am (G)	<b>Cyclefit*</b> 10-11am (S)	<b>Baby &amp; Me Fitness</b> 10:30-11:30am (G)	<b>Yoga</b> 10:30-11:30am (S3)	<b>Synrgy 360</b> 10:30-11:30am (FC)	
<b>Baby &amp; Me Tummy Time</b> 10:30-11:15am (S3)	<b>Tai Chi</b> 10:30-11:30am (S)	<b>Fusion</b> 10:30-11:30am (S3)	<b>Tai Chi</b> 10:30-11:30am (S)	<b>Cyclefit*</b> 10:30-11:30am (S)		
<b>LATE MORNING &amp; AFTERNOON</b>						
<b>Yoga</b> 11:30am-12:30pm (S3)	<b>Cardio &amp; Strength L1</b> 12-1pm (G)	<b>Yoga – Level 1</b> 11:45am-12:45pm (S3)	<b>Cardio &amp; Strength L1</b> 12-1pm (G)	<b>Cardio Dance</b> 12-12:45pm (S)		
	<b>Bridge to Wellness</b> 1:15-2:15pm (S)	<b>Warm Water</b> 1-1:45pm (TP)	<b>Bridge to Wellness</b> 1:15-2:15pm (S)			
	<b>Alberta Cancer Exercise</b> 2:45-3:45pm (S)		<b>Alberta Cancer Exercise</b> 2:45-3:45pm (S)			
<b>EVENING</b>						
<b>Yoga</b> 5-6pm (S3)		<b>HIIT</b> 5:30-6:15pm (S)	<b>Cyclefit*</b> 5-5:45pm (S)			
<b>Cyclefit*</b> 6-7pm (S)	<b>Yoga for Back Health</b> 6-7pm (S3)	<b>Synrgy 360</b> 6:30-7:15pm (FC)	<b>TRX*</b> 6-6:45pm (S)	<b>Synrgy 360</b> 6:30-7:15pm (FC)		
<b>Women's Only Zumba®</b> 6:15-7:15pm (S3)	<b>Cyclefit*</b> 6-7pm (S)		<b>Zumba®</b> 6:15-7:15pm (S3)			
	<b>Strength</b> 7:15-8:15pm (S)	<b>Zumba®</b> 7:15-8:15pm (G)	<b>Aikido</b> 7-8:30pm (S)			
<b>Zumba®</b> 7:15-8:15pm (G)	<b>Yoga</b> 8-9pm (S3)	<b>Yoga</b> 8-9pm (S3)	<b>STRONG by Zumba®</b> 7:15-8:15pm (G)			
	<b>Aqua Zumba</b> 8-8:45pm (MP)		<b>Aqua Deep</b> 8-8:45pm (MP)			

(G) Gymnasium • (S) Studio • (S3) Studio 3 • (MPR) Multi Purpose Room • (FC) Fitness Centre • (MP) Main Pool • (TP) Teach Pool

Drop-In



Registration Required



Limited Availability

\*

Sign-up at Front Desk 30 minutes prior to start



**Castle Downs Family YMCA**  
11510 153 Avenue  
Edmonton, AB T5X 6A3  
780-476-YMCA (9622)

**Hours of Operation**  
Monday to Friday:  
Weekends:  
Statutory Holidays:

**5:30am-10:30pm**  
**7:00am-9:00pm**  
**7:00am-9:00pm**

**Statutory Holidays**

**February 17 – Family Day**  
**April 10 – Good Friday**  
**May 18 – Victoria Day**

**YMCA Registered Session Dates**

**Winter – January 6 to March 1**  
**Spring I – March 2 to April 26**  
**Spring II – April 27 to June 21**

# RECREATIONAL SPORTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DROP-IN SPORTS</b>						
<b>Badminton</b> 7-9am (G)	<b>Pickleball</b> 1:15-2:15pm (G)	<b>Badminton</b> 8am-12pm (G)		<b>Badminton</b> 7-9am (G)	<b>Badminton</b> 7-9am (G)	<b>Badminton</b> 9am-12pm (G)
<b>Pickleball</b> 1:15-2:15pm (G)	<b>Adult Volleyball</b> 8-10:15pm (G)	<b>Pickleball</b> 1:15-2:15pm (G)	<b>Pickleball</b> 1:15-2:15pm (G)	<b>Pickleball</b> 1:15-2:15pm (G)		<b>Adult Volleyball</b> 2-5pm (G)
<b>OPEN GYM</b>						
5:30-6:45am 11:45am-1pm 2:30-3:45pm 8:30-10:15pm	5:30-10:15am 2:30-3:45pm 7-7:45pm	5:30-7:45am 12:15-1pm 2:30-3:45pm 8:30-10:15pm	5:30-9am 2:30-3:45pm 6-7pm 8:30-10:15pm	5:30-6:45am 10:30am-1pm 2:30-7pm 7-10pm (Teen Night)	3:10-8:45pm	7-8:45am 12:15-1:45pm 5:15-8:45pm

## CHILDMINDING & KIDS' CLUB

These drop-in services are **FREE** with a child membership and offers you the chance to utilize YMCA programs & services while your children enjoy a safe, interactive & fun environment!

For more information, call **780-377-3717**

### CHILDMINDING 0-5Y

Monday & Wednesday 9am-1pm & 5-8:30pm  
 Tuesday & Thursday 9am-1pm & 5-8:30pm  
 Friday 9am-1pm  
 Saturday 9am-12pm

### KIDS' CLUB 6-12Y

Monday – Thursday 5-8:30pm  
 Saturday 9am-12pm

## CHILD SUPERVISION & ACCESS

### General Guidelines:

- Children up to 8 years of age must be supervised by an adult or guardian (minimum 14 years of age) unless they are participating in a YMCA program.

### Fitness Centre & Group Fitness Classes

- Children 7 years and under can access the stretching area and indoor track with active parent supervision.
- Children 8 years and older can participate in Group Fitness classes and require active parent supervision until age 15.
- Children 8 years and older can access the Fitness Centre following an orientation with a YMCA Staff or Volunteer and must display a YMCA Shoe Tag at all times. Children require active parent supervision until age 12.
- Children 15 years and older are permitted full access to the Fitness Centre and do not require parent supervision.

## PERSONAL TRAINING

The YMCA is committed to providing the fitness resources you need to realize your goals. Personal trainers are a valuable resource that will help keep you on track with your personal fitness goals. When supported by a fitness professional, you will be more likely to maintain successful habits!

**Starting as low as \$55 per session!**

Visit us online or ask for more details!

## FITNESS CONSULTATION

A **FREE** Fitness Centre Orientation or Consultation is available for all YMCA members. **Orientations** include a tour of the fitness centre and information about equipment and workout etiquette.

**Fitness Consultations** include a personal fitness recommendation and exercise program by a certified YMCA Personal Trainer, to help you set realistic goals and priorities!

**Book today at the Front Desk!**



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## REGISTERED PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
<b>Gym &amp; Swim 1-3Y</b> (Parented) 9-10:15am (S3/TP)			<b>Gym &amp; Swim 3-5Y</b> (Parented) 9-10:15am (S3/TP)	<b>Y Play Group 6wk-5Y</b> (Parented) 1-2:30pm (MPR)		
<b>AFTER SCHOOL</b>						
<b>Soccer 5-7Y</b> 4-4:55pm (G)	<b>Floor Hockey 5-7Y</b> 4-4:55pm (G)	<b>Basketball 5-7Y</b> 4-4:55pm (G)	<b>Volleyball 7-9Y</b> 4-4:55pm (G)		<b>Basketball 5-7Y</b> <b>Basketball 7-9Y</b> 10-10:55am (G)	
<b>Soccer 7-9Y</b> 5-5:55pm (G)	<b>Family Dance 8Y+</b> (Drop In) 5-5:45pm (S)	<b>Basketball 7-9Y</b> 5-5:55pm (G)	<b>Creative Movement 3-5Y</b> 4-4:45pm (S3)		<b>Basketball 9-12Y</b> <b>Soccer 7-9Y</b> 11-11:55am (G)	
<b>Soccer 9-12Y</b> 6-6:55pm (G)	<b>Floor Hockey 7-9Y</b> 5-5:55pm (G)	<b>Basketball 9-12Y</b> 6-6:55pm (G)	<b>Volleyball 9-12Y</b> 5-5:55pm (G)		<b>Pre-Sport 3-5Y</b> 11-11:45am (S)	<b>Creative Movement 3-5Y</b> 11:15-12pm (S3)
	<b>Floor Hockey 9-12Y</b> 6-6:55pm (G)		<b>Creative Movement 5-7Y</b> 5-5:45pm (S3)		<b>Pre-Sport 2-3Y</b> (Parented) 12-12:45pm (S)	<b>Creative Movement 5-7Y</b> 12:15-1pm (S3)
					<b>Soccer 5-7Y</b> <b>Volleyball 9-12Y</b> 12-12:55pm (G)	
				<b>Leaders in Training 12-17Y</b> 6-8pm (S3)	<b>Soccer 5-7Y</b> <b>Soccer 9-12Y</b> 1-1:55pm (G)	
				<b>Teen Night 12-17Y</b> 7-10pm	<b>Floor Hockey 5-7Y</b> <b>Floor Hockey 7-9Y</b> 2-2:55pm (G)	

## DROP-IN SERVICES

These services are **FREE** with a child membership and offers parents or guardians the chance to utilize YMCA programs & services while your children enjoy a safe, interactive & fun environment!

### CHILDMINDING 0-5Y

**Mon & Wed** 9am-1pm & 5-8:30pm  
**Tue & Thu** 9am-1pm & 5-8:30pm  
**Friday** 9am-1pm  
**Sat** 9am-12pm

### KIDS' CLUB 6-12Y

**Monday – Thursday** 5-8:30pm  
**Saturday** 9am-12pm

### TEEN NIGHT 12-17Y

An opportunity for youth to connect and to participate in activities in both the gym and our fitness centre.

**Fridays** 7-10pm



## YMCA DAY CAMPS 6-12Y

YMCA Day Camps are offered during all school breaks, including Teachers' Convention, PD Days and Spring Break.

Camps run from 8:30am – 4:30pm daily and include free care for a full hour before and after camp starts.

***Register online today!***

## BIRTHDAY PARTIES

Book your child's birthday party at the YMCA! Bookings include access to either the pool or play rooms as well as a party room for up to 15 children!

***Book online today!***

## CHILD SUPERVISION & ACCESS

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## AQUATIC GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aqua Deep</b> 9-10am		<b>Aqua Deep</b> 9-10am		<b>Aqua Deep</b> 9-10am		<b>Aqua Deep</b> 10-11am
<b>Aqua Shallow</b> 10:15-11am	<b>Aqua Baby &amp; Me</b> 10:30-11:15am	<b>Aqua Shallow</b> 10:15-11am		<b>Aqua Shallow</b> 10:15-11am		
	<b>Aqua Zumba®</b> 8-8:45pm	<b>Warm Water</b> 1-1:45pm	<b>Aqua Deep</b> 8-8:45pm			

## LANE SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
#	#	#	#	#	#	#
5:30am-8:45am 8:45-11:15am 11:15-4:50pm 4:50-8:15pm 8:15-10:15pm	5:30-9am 9am-4:45pm 4:45-8:45pm 8:50-10:15pm	5:30am-8:45am 8:45-11:15am 11:15-4:50pm 4:50-8:15pm 8:15-10:15pm	5:30am-8:45am 8:45-10:15am 10:15-4:15pm 4:15-8:45pm 8:45-10:15pm	5:30am-8:45am 8:45-11am 11-4:20pm 4:20-8:45pm 8:45-10:15pm	7-9:50am 9:50-3:30pm 3:30-8:45pm	7-9:45am 9:45-11am 11am-8:45pm
4 1 2 1 3	4 3 1 3	4 1 2 1 3	4 3 1 3	4 1 2 1 3	3 1 2	4 1 3

## SWIM LESSONS & CLUBS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>Children</b> 10am-12pm			<b>Parented Lil' Dippers</b> 10:35-11:05am	
		<b>Parented Lil' Dippers</b> 11:30am-12pm				<b>Adult</b> 12-1pm
<b>Children</b> 5-7:50pm	<b>Children</b> 5-8:25pm	<b>Adult</b> 12-1pm	<b>Children</b> 5-8pm	<b>Children</b> 4:30-7:20pm	<b>Children</b> 10am-3:15pm	
<b>YMCA Swim Club</b> 6-8pm	<b>Parented Lil' Dippers</b> 5:35-6:05pm	<b>Children</b> 5-7:50pm	<b>Parented Lil' Dippers</b> 6:10-6:40pm	<b>Parented Lil' Dippers</b> 5:40-6:10pm	<b>Parented Lil' Dippers</b> 2:40-3:10pm	
<b>Adult</b> 6:45-7:45pm		<b>Teen</b> 6:45-7:45pm	<b>YMCA Swim Club</b> 6-8pm	<b>Junior Lifeguard Club</b> 6-8pm	<b>Teen</b> 12:55-1:55pm	

Drop-In



Registration Required



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# MEMBER FAMILY SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FAMILY SWIM   TEACH POOL</b>						
5:30am-4:45pm 8-10:15pm	5:30-10:30am 11:15-4pm 8:30-10:15pm	5:30-9:45am 12-1pm 1:45-4:45pm 8-10:15pm	5:30am-4:45pm 8-10:15pm	5:30am-4:15pm 7:30-10:15pm	7-9:50am 3:30-8:45pm	7am-8:45pm
<b>FAMILY SWIM   MAIN POOL</b>						
5:30-9am 11am-4:45pm 8-10:15pm	5:30-10:30am 11:15am-4pm 8:45-10:15pm	5:30-9am 11am-4pm 8-10:15pm	5:30am-4:45pm 8:45-10:15pm	5:30-9am 11am-4:15pm 7:30-10:15pm	7-9:50am 3:15-8:45pm	7-10am 11-8:45pm

## AQUATIC CERTIFICATIONS

The YMCA offers a variety of Aquatic Certification courses to help you develop lifesaving skills and expand your knowledge of water rescue and safety! Courses include CPR, First Aid, Bronze Star/Medallion/Cross, National Lifeguard Instructor and YMCA Swim Instructor.

Visit our website for more information!

## CHILD SUPERVISION & ACCESS

### Aquatic Admissions:

- Children under 8 years of age must be supervised by an adult or guardian (minimum 14 years of age) in the water within arm's reach at all times (3:1 ratio).
- Children ages 8 years and older, if unable to pass a facility swim test, must be supervised by a guardian (minimum 14 years of age) while in deep water (3:1 ratio).

## PRIVATE SWIM LESSONS

Focus on the skills you want to develop during a private 30-minute lesson with an experienced instructor. Lessons are available for individuals (one-on-one) or pairs (one-on-two).

Monday to Thursday	4-5pm
Friday	3:30-4:30pm
Saturday	3:30-5pm
Sunday	10-12pm & 1:30-2:30pm

**Starting as low as \$35 per lesson!**

Book your lesson online!

## PUBLIC SWIM

Non-member swim times and rates are available at the following times throughout the week:

Monday & Wednesday	8pm-10:15pm
Tuesday & Thursday	9pm-10:15pm
Friday	7:30pm-10:15pm
Saturday & Sunday	5pm-8:45pm



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