

ADULT FITNESS & LIFESTYLE

DON WHEATON FAMILY YMCA | JANUARY 6th – JUNE 21st

GROUP FITNESS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|--|---|------------------------------------|
| MORNING | | | | | | |
| Yoga (S1) Strength (S2) 6-7am | Cyclefit 6:15-7am (CS) | Lift 6-7am (S2) | Cyclefit 6:15-7am (CS) | Yoga (S2) Synrgy 360 Circuit (FR) 6-7am | Fitness Orientations 9-10am (FC) | |
| Alberta Cancer Exercise 9:30-10:30am (S2) | Lift 7-8am (S2) | Alberta Cancer Exercise 9:30-10:30am (S2) | Lift 7-8am (S2) | Yoga Seated 9:45-10:45am (S2) | Bootcamp 9-9:45am (G) | Lift 8:30-9:30am (S2) |
| | Cardio & Strength 10-11am (S2) | | Cardio & Strength 10-11am (S2) | | Cyclefit (CS) Step (S2) 10-11am | Zumba® 9:45-10:45am (S2) |
| Aqua Shallow/Deep 10:30-11:15am (MP) | Aqua Baby & Me 10:30-11:15am (TP) | Aqua Shallow/Deep 10:30-11:15am (MP) | Aqua Deep 10:30-11:15am (TP) | | | |
| Lift 11-11:50am (S2) | Core 11:15-11:50am (S2) | Lift 11-11:50am (S2) | Core 11:15-11:50am (S2) | Strength 11-11:50am (S2) | TRX 11:45am-12:45pm (FR) | |
| NOON HOUR 12:05-12:50pm | | | | | | |
| HIIT_{30min} (G) Cyclefit* (CS) Cardio Dance* (S1) Yoga* (S2) Synrgy 360 Circuit* (FR) | Bootcamp (G) Cyclefit* (CS) Barre* (S1) Yoga* (S2) TRX* (FR) | Strength Max (G) Cyclefit* (CS) Fusion* (S1) Boxing Bootcamp* (S2) | Step (G) Cyclefit* (CS) Yoga* (S2) Synrgy 360 Circuit* (FR) | Bootcamp (G) Cyclefit* (CS) Cardio Dance* (S1) Yoga* (S2) | Yoga (S2) 12-1:15pm | Yoga (S2) 11-12:30pm |
| AFTERNOON & EVENING | | | | | | |
| | Bridge to Wellness 1-2pm (S2) | | Bridge to Wellness 1-2pm (S2) | | Meditation 1:15-1:30pm (S2) | |
| Barre 4:30-5:15pm (S2) | HIIT* 4:45-5:30pm (FR) | Yoga 5:15-6:15pm (S2) | Lift 4:30-5:20pm (S2) | | | |
| Bootcamp 5:30-6:15pm (G) | Cyclefit 5:30-6:15pm (CS) | TRX Bootcamp* 5:30-6:15pm (FR) | Cyclefit 5:30-6:15pm (CS) | Yoga 5:15-6:15pm (S2) | | |
| Yoga 5:30-6:30pm (S2) | Cardio Kickboxing 5:30-6:15pm (S1) | Zumba® 5:30-6:15pm (S1) | Step 5:30-6:15pm (S2) | | | |
| Aqua Shallow 6-6:45pm (TP) | Aqua Deep 5:30-6:15pm (TP) | | Circuit 5:30-6:30pm (FR) | | | |
| Zumba® 6:30-7:30pm (S1) | Yoga 6:30-7:30pm (S2) | | Pound®* 6:30-7:15pm (S1) | | | |
| | Aikido 6:30-8:30pm (S1) | | Yoga 6:30-7:30pm (S2) | | | |
| | | Alberta Cancer Exercise 6:30-7:30pm (S2) | Moh Pai Kung Fu 7:30-8:30pm (S1) | Y-Tri Swim Self Directed 7-9pm (MP) | | |

(G) Gymnasium • (S1) Studio 1st Floor • (S2) Studio 2nd Floor • (CS) Cycle Studio • (FR) Functional Training • (MP) Main Pool • (TP) Teach Pool

Drop-In



Registration Required



Limited Availability

*

Sign-up at Front Desk 15 minutes prior to start



Don Wheaton Family YMCA
10211 102 Avenue
Edmonton, AB T5J 0A5
780-452-YMCA (9622)

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

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

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 |
|--|--|---|---|--|--------------------------------------|---|
| DROP-IN SPORTS | | | | | | |
| Adult Floor Hockey 5:45-7:45am (G) | Pickleball 5:45-7:45am (G) | Adult Floor Hockey 5:45-7:45am (G) | Badminton 5:45-7:45am (G) | Adult Floor Hockey 5:45-7:45am (G) | Pickleball 7:15-8:30am (G) | Badminton 7am-1pm (G) |
| | Basketball 1-3pm (G) | Pickleball 9:45-10:45am (G) | Basketball 1-5pm (G) | Bridge to Sport 1:30-2:30pm (G) | | Pickleball 1:15-3:15pm (G) |
| Adult Floor Hockey 7:45-9pm (G) | Adult Soccer 7:45-9pm (G) | | | Water Polo Self Directed 5:30-6:30pm (TP) | Adult Soccer 4-6:45pm (G) | Adult Volleyball 4-6:45pm (G) |
| OPEN GYM | | | | | | |
| 5-5:30am 8-11:45am 1:15-5:15pm 6:30-7:30pm 9:15-9:45pm | 5-5:30am 9:45-10:30am 3:15-4:15pm 5:30-7:30pm | 5-5:30am 11-11:45am 2:15-4:45pm 8-9:45pm | 5-5:30am 9:45-10:30am 6:45-9:45pm | 5-5:30am 9:45-11:45am 2:45-5:15pm 8:30-9:45pm | 1-3:45pm 7-8:45pm | 7-8:45pm |

CHILDMINDING

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

Advanced booking is available for Childminding by e-mailing DWChildminding@northernalberta.ymca.ca

CHILDMINDING 0-5Y

Monday & Wednesday 5-8pm
Saturday 9am-12pm

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!

CHILD SPORTS & RECREATION

Programs focus on sportsmanship and participation, where children and youth will develop sport skills through fun, progressive drills and games.

BASKETBALL 5-7Y Saturday 10-10:55am
BASKETBALL 7-9Y Saturday 11-11:55am
BASKETBALL 9-12Y Saturday 12-12:55pm
SOCCER 5-7Y Saturday 11-11:55am
SOCCER 7-9Y Saturday 12-12:55pm
SPORTBALL 2-3Y Wednesday 5-5:45pm (Parented)
SPORTBALL 3-5Y Wednesday 5:45-6:45pm
SPORTBALL 5-7Y Wednesday 6:45-7:45pm

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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AQUATIC GROUP FITNESS

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|--|---|--|--|---|----------|--------|
| Aqua Shallow/Deep 10:30-11:15am (MP) | Aqua Baby & Me 10:30-11:15am (TP) | Aqua Shallow/Deep 10:30-11:15am (MP) | Aqua Deep 10:30-11:15am (TP) | Water Polo Self Directed 5:30-6:30pm (TP) | | |
| Aqua Shallow 6-6:45pm (TP) | Aqua Deep 5:30-6:15pm (TP) | | | Y-Tri Swim Self Directed 7-9pm (MP) | | |

LANE SWIM & AQUA JOG

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|--|------------------------------------|--|------------------------------------|------------------------------------|-------------|--|-----------------------|
| | | | | | | | |
| | # | # | # | # | # | # | |
| 5-10:15am 10:15-11:30am 11:30-5:30pm 5:30-8pm 8-9:45pm | 5 5 5 4 5 | 5-10:15am 10:15-11:30am 11:30-5:15pm 5:15-8pm 8-9:45pm | 5 2 5 1 5 | 5-7am 7am-7:30pm 7:30-9:45pm | 5 4 5 | 5-7am 7-8:45am 8:45am-1pm 1-5pm 5-8:45pm | 5 5 1 1 5 |
| TEACH POOL DEEP | | | | | | | |
| 5am-3pm 5-7:30pm | 5-10:15am 11:15-3pm 4-6:30pm | 5am-3pm 5:15-7:45pm | 5-10:15am 11:15-3pm 4-6:30pm | 5am-3pm 6:30-7:30pm | 7-8:45am | 7-9am | |

SWIM LESSONS & CLUBS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|---------|--------------------------------|----------|--------|---|
| | | | | | Parented Lil' Dippers 10:10-10:40am |
| Adult/Teen 5:30-8pm | | Children 5:30-7:45pm | | | Children 9am-12:30pm |
| | | YMCA Swim Club 6-8pm | | | YMCA Swim Club 11am-12:30pm |
| | | | | | Adult/Teen 11:20am-12:20pm |
| | | | | | Adapted Swim Lessons 2-4pm |
| | | | | | Junior Lifeguard Club 1-3pm |

MEMBER FAMILY SWIM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------|----------------------|-------------------------|----------------------|-------------------------|--------------------------|------------|
| FAMILY SWIM TEACH POOL | | | | | | |
| 3-5pm 7:30-9:45pm | 3-4pm 6:30-9:45pm | 3-5:15pm 7:45-9:45pm | 3-4pm 6:30-9:45pm | 3-5:30pm 7:30-9:45pm | 12:30-1:45pm 4-8:45pm | 9am-8:45pm |

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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).

| | |
|-----------|----------|
| Wednesday | 5-7pm |
| Thursday | 7-9pm |
| Saturday | 12-2pm |
| Sunday | 11am-1pm |

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 to Thursday | 7:30pm-9:45pm |
| Friday | 7pm-9:45pm |
| Saturday | 4pm-8:45pm |
| Sunday | 8am-8:45pm |



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