

ADULT FITNESS & LIFESTYLE

JAMIE PLATZ FAMILY YMCA | JANUARY 6th – JUNE 21st

GROUP FITNESS

PLEASE SEE AQUATICS SCHEDULE FOR AQUATIC GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
Strength 6-7am (G)	Yoga 6-7am (S)	Cyclefit & Bootcamp 6-6:45am (S)		Bootcamp 6-7am (G)	HIIT 7:15-8am (S)	
HIIT 8-8:45am (G)	TRX Level 1 8-8:50am (G)	Kickboxing 8-8:45am (S)	Barre 8-8:50am (S)	Core 8:15-8:45am (S)	Lift 8:15-9:15am (G)	Yoga 9:30-10:30am (S)
Zumba® 9-10am (S)	Zumba® 9-10am (S)	Yoga 9-10am (S)	TRX 9-10am (S)	Cyclefit & Bootcamp 9-10am (S)	Barre 8:15-9:15am (S)	
TRX Bootcamp 9-10am (G)	Strength 9-10am (G)	Step 9-10am (G)	HIIT 9-10am (G)	Step 9-10am (G)	Step – Advanced 9:30-10:45am (G)	
Barre 10:15-11:15am (S)	Cyclefit 10:15-11am (S)	Zumba® 10:15-11:15am (S)	Baby & Me Fitness 10:15-11am (S)	Yoga 10:15-11:15am (S)	Yoga 9:30-10:30am (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)	Synrgy 360 Circuit 10:15-10:45am (FC)	Cardio & Strength L1 10:15-11:15am (G)	Zumba® 10:45-11:45am (S)	
	Synrgy 360 Circuit 10:15-10:45am (FC)		Core 10:45-11am (FC)			
	Core 10:45-11am (FC)					
LATE MORNING & AFTERNOON						
	Strength - Level 1* 11:30am-12:30pm (S)	Tai Chi Lvl 1: 11:30-12:15pm Lvl 2: 12:15-1pm (S)	Strength - Level 1* 11:30am-12:30pm (S)	Yoga 11:30am-12:30pm (S)		Cyclefit 11am-12pm (S)
Yoga 1:30-2:45pm (S)	Bridge to Wellness Level 1: 1:15-2:15pm (S)	Baby & Me Barre 12:30-1:15pm (G)	Bridge to Wellness Level 2: 12:45-1:45pm (S)		Learn to Dance 12-1pm (S)	Yoga Chi 12:30-1:30pm (S)
		Alberta Cancer Exercise 2-3pm (S)	Yoga - Level 1 2-3:30pm (S)	Alberta Cancer Exercise 1-2pm (S)	Kickboxing* 1:30-2:30pm (S)	
EVENING						
		HIIT 4:30-5:15pm (S)			Judo - Adult 4:45-5:45pm (MPR)	Judo - Adult 4-5:30pm (S)
Cyclefit 6-6:45pm (S)	Barre 5:15-6pm (S)	Cyclefit 6-7pm (S)		Yoga 5:15-6:15pm (S)		
Step 6:15-7pm (G)	High Fitness™ 6:15-7pm (S)	Kickboxing 6:15-7:15pm (G)	Strength 6-7pm (S)			
Synrgy 360 Circuit 6:15-7pm (FC)	Lift 6:15-7:15pm (G)	Synrgy 360 Circuit 6:15-7pm (FC)	HIGH Fitness™ 6:15-7pm (G)			
Core 7-7:15pm (FC)	Core 7-7:15pm (FC)	Core 7-7:15pm (FC)	Synrgy 360 Circuit 6:15-7pm (FC)	Zumba® 6:30-7:30pm (S)		Aikido 6:30-8pm (MPR)
Zumba® 7:15-8:15pm (S)	Yoga 7:15-8:15pm (S)	Zumba® 7:15-8:15pm (S)	Core 7-7:15pm (FC)			Zumba® 7-7:45pm (S)
TRX 7:15-8:15pm (G)	Zumba® 8:30-9:15pm (S)		Aikido 6:30-8pm (MPR)			
Judo - Adult 7-10pm (MPR)		Yoga 8:30-9:30pm (S)	Zumba® 7:15-8:15pm (S)			
Tai Chi Level 1: 8:30-9:15pm (S) Level 2: 9:15-10pm (S)		Judo - Adult 8-9:45pm (MPR)	Yoga 8:30-9:30pm (S)			

(G) Gymnasium • (S) Studio • (MPR) Multi Purpose Room • (FC) Fitness Centre • (FZ) Family Zone

Drop-In

Registration Required

Limited Availability

*

Sign-up at Front Desk 15 minutes prior to start



Jamie Platz Family YMCA
7121 178 Street
Edmonton, AB T5T 5T9
780-481-YMCA (9622)

Hours of Operation

Monday to Friday: **5:30am-11:30pm**
Weekends: **7:00am-9:00pm**
Statutory Holidays: **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
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RECREATIONAL SPORTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DROP-IN SPORTS						
	Pickleball Beginner: 10:15-11:15am (G) All Levels: 11:15-12:15pm (G)	Pickleball 1:30-3:45pm (G)	Pickleball 10:15am-12:15pm (G)			Badminton 7:15-10:45am (G)
Adult Walleyball 6:45-9pm (FC)	Adult Floor Hockey 12:30-2:15pm (G)			Adult Floor Hockey 3:15-5pm (G)		Pickleball 1:15-4pm (G)
OPEN GYM						
7:15-7:45am 11:30am-12:45pm 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 11-11:45am 3:15-8:45pm	4:15-8:45pm

CHILDMINDING & KIDS' CLUB

These drop-in services are **FREE** for members and offer you the chance to utilize YMCA programs & services while your children enjoy a safe, interactive & fun environment! Advanced booking is available for Childminding by calling **780 930-2322**

CHILDMINDING 0-5Y

Monday	8:45am-12:30pm & 4-8pm
Tuesday & Thursday	8:45am-12:15pm & 4-8pm
Wednesday	8:45am-1:30pm & 4-8pm
Friday	8:45am-12:45pm
Saturday & Sunday	9am-12pm

KIDS' CLUB 6-12Y

Monday – Thursday	5-8pm
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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CHILD & YOUTH

JAMIE PLATZ FAMILY YMCA | JANUARY 6th – JUNE 21st

REGISTERED PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING & AFTERNOON					MORNING	
Sportball 3-5Y 1-2pm (G)	Pre-Sport 2-3Y (Parented) 12-12:45pm (MPR)				Creative Movement 3-5Y 10-10:45am (MPR)	
Sportball 3-5Y 2-3pm (G)	Pre-Sport 3-5Y 1-1:45pm (MPR)		Gym & Swim 1-3Y Gym & Swim 3-5Y (Parented) 1-2:15pm (MPR/TP)	Pre-Sport 3-5Y 1-1:45pm (MPR)	Creative Movement 5-7Y 11-11:45am (MPR)	
					Kids in the Kitchen 4-5Y 11-12pm (K)	Floor Hockey 5-7Y Floor Hockey 7-9Y 11-11:55am (G)
AFTER SCHOOL					AFTERNOON	
					Kids in the Kitchen 6-12Y 12:15-1:45pm (K)	Floor Hockey 7-9Y Floor Hockey 9-12Y 12-12:55pm (G)
Basketball 5-7Y Basketball 7-9Y 4-4:55pm (G)	Soccer 5-7Y Soccer 7-9Y 4-4:55pm (G)	Basketball 5-7Y Basketball 7-9Y 4-4:55pm (G)	Volleyball 7-9Y Volleyball 9-12Y 4-4:55pm (G)		Pre-Sport 3-5Y 12-12:45pm (MPR)	
	Pre-Sport 3-5Y 4-4:45pm (MPR)				Soccer 5-7Y Soccer 9-12Y 12-12:55pm (G)	
Basketball 7-9Y Basketball 9-12Y 5-5:55pm (G)	Pre-Sport 2-3Y 4:55-5:40pm (MPR)	Basketball 7-9Y Basketball 9-12Y 5-5:55pm (G)	Volleyball 7-9Y Volleyball 9-12Y 5-5:55pm (G)		Basketball 5-7Y Basketball 7-9Y 1-1:55pm (G)	YMCA Play Group 6wk-5Y (Parented) 1-2:30pm (MPR)
	Soccer 7-9Y Soccer 9-12Y 5-5:55pm (G)				Judo - Beginner 1:15-2:30pm (MPR)	
Judo - Advanced 6:15-7:45pm (MPR)	Pre-Sport 3-5Y 5:45-6:30pm (MPR)	Judo - Beginner 6-7pm (MPR)		Leaders in Training 12-17Y 6-8pm	Basketball 7-9Y Basketball 9-12Y 2-2:55pm (G)	Gym & Swim 1-3Y Gym & Swim 3-5Y (Parented) 3-4:15pm (S/TP)
		Judo - Intermediate 7-8pm (MPR)			Judo - Intermediate 2:30-3:45pm (MPR)	
		Judo - Advanced 8-9:45pm (MPR)			Judo - Advanced 3:45-5:45pm (MPR)	

(G) Gymnasium • (S) Studio • (MPR) Multi Purpose Room • (TP) Teach Pool • (K) Kitchen



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DROP-IN SERVICES

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

CHILDMINDING 0-5Y

Monday	8:45am-12:30pm & 4-8pm
Tue & Thu	8:45am-12:15pm & 4-8pm
Wednesday	8:45am-1:30pm & 4-8pm
Friday	8:45am-12:45pm
Sat & Sun	9am-12pm

Childminding will be located in the Staff Office Area on evenings and Sundays.

KIDS' CLUB 6-12Y

Monday – Thursday	5-8pm
Saturday & Sunday	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

FAMILY ZONE

An open space for families and all ages to connect and build relationships with our YMCA community. Children and youth are encouraged to come during the designated times below to participate in a variety of games, contests, and activities.

Monday – Thursday	5:30-7:30pm
Friday	5-9pm
Saturday	1-7p

ADDITIONAL INFORMATION & SERVICES

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 pre & post 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 Family Zone as well as a party room for up to 15 children!

Available Sundays 4-6pm

Book online today!

CHILD SUPERVISION & ACCESS

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AQUATIC GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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* 8-8:45am	Deep* 8-8:45am	Deep* 8-8:45am	Aqua Zumba®* 8-8:45am	Deep* 8-8:45am	Deep 8-8:45am	Deep 7:45-8:45am
Shallow* 9-9:45am	Shallow* 9-9:45am	Shallow* 9-9:45am	Shallow* 9-9:45am	Shallow* 9-9:45am		
Shallow 10-10:45am	Aqua Zumba® 10-10:45am	Deep 10-10:45am		Shallow 10-10:45am		
Deep 12-12:45pm	Shallow* 12-12:45pm		Bridge to Wellness 1-2pm	Aqua Baby & Me 11-11:45am		
Deep 7:35-8:20pm	Shallow 7:15-8pm	Deep 7:35-8:20pm	Shallow 7:35-8:20pm			
Aqua Zumba® 8:30-9:15pm						

LANE SWIM & AQUA JOG

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

SWIM LESSONS & CLUBS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Parented Lil' Dippers 12-12:30pm				Parented Lil' Dippers 10-10:30am	Parented Lil' Dippers 10-10:30am
Children 4-8pm	Children 9am-12pm	Children 4-8pm	Children 4-8pm	Mermaid Swim School 4:30-5:30pm	Children 10am-2:45pm	Children 10am-2:45pm
	Children 4-8pm	Parented Lil' Dippers 4:35-5:05pm	Teen 6:55-7:55pm	Junior Lifeguard Club 6-8pm	Parented Lil' Dippers 11:45-12:15pm	Parented Lil' Dippers 11:45-12:15pm
	Adult 6:55-7:55pm	YMCA Swim Club 6-8pm	Adult 6:55-7:55pm	YMCA Swim Club 6-8pm	Adult 1:30-2:30pm	Adult 1:30-2:30pm

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MEMBER FAMILY SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TEACH POOL DEEP						
5:30-6:45am 1-3:45pm		5:30-6:45am 11am-1:30pm 8:30-11pm		5:30-7:45am 12pm-2:45pm 8-11pm	7-7:45am 9-9:45am 8-8:45pm	7-7:30am 9-9:45am 8-8:45pm
TEACH POOL SHALLOW						
11-11:45am 9:15-11pm	11-11:45am 1-3:45pm 8:15-11pm	1:45-3:45pm	10-11:45am 1-3:45pm 8:30-11pm	3-4:45pm 5-7:45pm (0.9m)	3-5:45pm (0.9m) 6-7:45pm	3-5:45pm (0.9m) 6-7:45pm
<i>The Lagoon is available during all pool hours for Member Family Swim!</i>						

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 & Aquafit 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 – Thursday 7:30-8pm
 Friday 4:30-6:30pm
 Saturday & Sunday 2-2:30pm

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 – Thursday 8-11pm
 Friday 6:30-11pm
 Saturday 5-8:45pm
 Sunday 3-8:45pm



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