

ADULT FITNESS & LIFESTYLE

WILLIAM LUTSKY FAMILY YMCA | JANUARY 6th – JUNE 21st

GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
Core 8:15-8:45am (G)	Cyclefit* 5:45-6:45am	Circuit Training 5:45-6:45am (G)	Cyclefit* 5:45-6:45am	Shallow 8-8:45am (MP)	Triathlon Swim 7:15-8:15am (4 lanes)	
Shallow 8-8:45am (MP)	Shallow/Deep 9-9:45am (MP)	Shallow 8-8:45am (MP)	Shallow/Deep 9-9:45am (MP)	Core 8:15-8:45am (G)	Yoga* 8-9am (MPR)	Yoga* 8-9am (MPR)
Deep 9-9:45am (MP)	Step & Strength 9-9:55am (G)	Core 8:15-8:45am (G)	Cardio Kickbox 9-9:55am (G)	Deep 9-9:45am (MP)	Shallow/Deep 8:15-9am (MP)	
Strength - Total Body 9-9:55am (G)	Synrgy 360 Circuit* 9-10am (FC)	Deep 9-9:45am (MP)	Synrgy 360 Circuit* 9-9:45am (FC)	Strength - Total Body 9-9:55am (G)	TRX* 8:15-8:45am (G)	
Synrgy 360 Circuit* 9-10am (FC)	Barre* 9-9:45am (MPR)	Lift 9-9:55am (G)	Barre* 9-9:45am (MPR)	Synrgy 360 Circuit* 9-10am (FC)	Step & Strength 9-9:55am (G)	
Cyclefit* 9:30-10:30am	Yoga – Seated* 10-11am (MPR)	Synrgy 360 Circuit* 9-10am (FC)	Cyclefit 9:45-10:30am	Yoga* 9-9:50am (MPR)	Cyclefit* 9-10am	
Break Through* 9:45-10:45am (MPR)		Cyclefit* 9:30-10:30am	Yoga* 10-11am (MPR)	Cyclefit* 9:30-10:30am		
	Lift 10:05-11am (G)	Baby & Me Tummy Time 10-10:45am (MPR)	Baby & Me Fitness 10-10:45am (G)	Baby & Me Barre 10-10:45am (MPR)	Lift 10:05-11am (G)	Barre* 10-10:45am (MPR)
Zumba® 10:05-11am (G)		Zumba® 10:05-11am (G)		Zumba® 10:05-11am (G)		
LATE MORNING & AFTERNOON						
Yoga* 11am-12pm (MPR)	Cardio & Strength L1 11:10am-12:05pm (G)	Yoga* 11am-12pm (MPR)	Cardio & Strength L1 11:10-12:05pm (G)	Yoga – Seated* 11am-12pm (MPR)		
Warm Water 11-11:45am (TP)		Warm Water 11-11:45am (TP)		Warm Water 11-11:45am (TP)	Zumba® 11:10am-12:05pm (G)	Yoga* 11am-12pm (MPR)
Alberta Cancer Exercise 11am-12pm (FC)	Bridge to Wellness 11:30am-12:30pm (MPR)	Alberta Cancer Exercise 11am-12pm (FC)	Bridge to Wellness 11:30am-12:30pm (MPR)			
Alberta Cancer Exercise 12-1pm (FC) – Level 2	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)	Tai Chi * 12:30-1:30pm (MPR)	Warm Water 1-1:45pm (TP)		Warm Water 1-1:45pm (TP)		
		Alberta Cancer Exercise 12-1pm (FC) – Level 2				
EVENING						
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)	High Fitness 6:15-7:10pm (G)	Barre* 6-6:45pm (MPR)	Barre* 6-6:45pm (MPR)			
Strength - Total Body 6:15-7:10pm (G)	Youth Boxing 6-6:55pm (MPR)	Bootcamp 6:15-7:10pm (½G)	Zumba® 6:15-7:10pm (G)			
Cyclefit* 6:15-7:15pm	Boxing 7-8pm (MPR)	Cyclefit 6:15-7:15pm	Yoga* 7-8pm (MPR)			
Zumba® 7:20-8:20pm (G)	Lift 7:20-8:20pm (G)	Yoga* 7-8pm (MPR)	Lift 7:20-8:20pm (G)			
	Tai Chi* 8:30-9:30pm (MPR)	Zumba® 7:20-8:20pm (G)				
		Shallow/Deep 8-8:45pm (MP)				

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

Drop-In



Registration Required



Limited Availability

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Sign-up at Front Desk 15 minutes prior to start



William Lutsky Family YMCA
1975 111 Street
Edmonton, AB T6J 7C6
780-439-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

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RECREATIONAL SPORTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DROP-IN SPORTS						
Pickleball 1-3pm (G)			Pickleball 1-3pm (G)			Badminton/Pickleball 8am-1pm (G)
	Adult Volleyball 8:30-10:15pm (G)		Adult Floor Hockey 8:30-10:15pm (G)			
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 2-4p	7-8am 11:15am-1pm 1-2pm ½ 2-4p 8:30-10:15pm	5:30-8:45am 12:15-12:45pm 3:15-4pm	5:30-8am 11-1pm 1-2pm ½ 2-4p	7-8am 6-8:45pm	4-5pm 5-6:30pm ½ 6:30-8:45pm

CHILDMINDING & KIDS' CLUB

These drop-in services are **FREE** for members 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 calling **780 437-8485**.

CHILDMINDING 0-5Y

Monday – Thursday 8:30am-1:30pm & 5-8:30pm
Friday 8:30am-1:30pm & 5-7pm
Saturday & Sunday 9am-12:15pm

KIDS' CLUB 6-12Y

Monday – Thursday 5-8:30pm
Friday 5-7pm
Saturday & Sunday 9am-12:15pm

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

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REGISTERED PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING & DAYTIME						
	Purposeful Play 3-5Y 9-11am		Purposeful Play 3-5Y 9-11am		Sportball 2-3Y 9:15-10am	
	Pre-Sport 2-3Y (Parented) 1:30-2:15pm	Y Play Group 6wk-5Y (Parented) 10-11:30pm	Gym & Swim 1-3Y (Parented) 1:15-2:30pm	Kids in the Kitchen 4-5Y 9:30-10:30am	Sportball 3-5Y 10-11am	
			Gym & Swim 3-5Y (Parented) 3-4:15pm		Sportball 5-7Y 11-12am	
AFTER SCHOOL						
					Floor Hockey 7-9Y Basketball 9-12Y 12:15-1:10pm	
					Creative Movement 3-5Y 1-1:45pm	Badminton 9-12Y 1-1:55pm
Basketball 5-7Y Basketball 7-9Y 4:10-5:05pm	Floor Hockey 5-7Y Floor Hockey 7-9Y 4:10-5:05pm	Basketball 5-7Y Basketball 7-9Y 4:10-5:05pm	Soccer 5-7Y Soccer 7-9Y 4:10-5:05pm	Basketball 12-14Y <i>Winter & Spring II Session</i> 4:10-5:05pm	Basketball 5-7Y Floor Hockey 9-12Y 1:15-2:10pm	
	Pre-Sport 3-5Y 4:15-5:00pm			Floor Hockey 12-14Y <i>Spring I Session</i> 4:10-5:05pm	Creative Movement 5-7Y 2-2:45pm	Badminton 12-17Y 2-2:55pm
Basketball 7-9Y Basketball 9-12Y 5:10-6:05pm	Floor Hockey 7-9Y Floor Hockey 9-12Y 5:10-6:05pm	Basketball 7-9Y Basketball 9-12Y 5:10-6:05pm	Soccer 7-9Y Soccer 9-12Y 5:10-6:05pm		Basketball 7-9Y Basketball 9-12Y 2:15-3:10pm	
	Youth Boxing 12-17Y 6-6:55pm	Kids in the Kitchen 6-12Y 6-7:30pm	Leaders in Training 12-17Y 6:30-8:30pm		Volleyball 7-9Y Volleyball 9-12Y 3:30-4:25pm	Soccer 7-9Y Soccer 9-12Y 3-3:55pm

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 - Thu 8:30am-1:30pm & 5-8:30pm
Friday 8:30am-1:30pm & 5-7pm
Sat & Sun 9am-12:15pm

KIDS' CLUB 6-12Y

Monday – Thursday 5-8:30pm
Friday 5-7pm
Saturday & Sunday 9am-12:15pm

TEEN NIGHT 12-17Y

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

Fridays 5:30-10pm



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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.

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!

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AQUATIC GROUP FITNESS

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Shallow 8-8:45am (MP)		Shallow 8-8:45am (MP)		Shallow 8-8:45am (MP)	Triathlon Swim 7:15-8:15am	
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)	
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)				

LANE SWIM & AQUA JOG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
#	#	#	#	#	#	#
5:30-8am	5:30-9am	5:30-8am	5:30-9am	5:30-8am	7am-3pm	7-10am
8-10am	9-10am	8-10am	9-10am	8-10am	3-5pm	10am-1pm
10-11am	10am-12pm	10am-12pm	10am-12pm	10am-12pm	5-8:45pm	1-3pm
11am-4:15pm	12-1pm	12-1pm	12-1pm	12-1pm		3-5pm
4:15-8pm	1-4:15pm	1-4:15pm	1-3:15pm	1-4:30pm		5-6:30pm
8-10:15pm	4:15-8pm	4:15-9pm	3:15-4:15pm	4:30-8pm		6:30-8:45pm
	8-10:15pm	9-10:15pm	4:15-8pm	8-10:15pm		
			8-10:15pm			

SWIM LESSONS & CLUBS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Parented Lil' Dippers* 5:05-5:35pm	Parented Lil' Dippers* 10:35-11:05am		Mermaid Swim School 3:30-4:30pm		Parented Lil' Dippers* 9:35-10:05am	Parented Lil' Dippers* 10-10:30am
Children 4:30-8pm	Children 4:30-8pm	Children 4:30-8pm	Children 4:30-8pm	Junior Lifeguard Club 4:30-6:30pm (A)	Children 9am-3pm	Children 10am-1pm
Teen* 6:15-7:15pm		YMCA Swim Club 6-7:30pm (A)		YMCA Swim Club 6:30-8pm (A, B)	Teen* 10:45-11:45am	Adult* 11:45am-12:45pm
Adult* 6:50-7:50pm	Adult* 6:50-7:50pm				Adult* 1:35-2:35pm	YMCA Swim Club 5-6:30pm (B)
						Junior Lifeguard Club 6:30-8:30pm (B)

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MEMBER FAMILY SWIM

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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
FAMILY SWIM MAIN POOL						
5:30-8am 11-4:15pm 8-10:15pm	5:30-9am 10-12pm 1-4:15pm 8-10:15pm	5:30-8am 10-12pm 1-4:15pm 9-10:15pm	5:30-9am 10-12pm 1-3:15pm 8-10:15pm	5:30-8am 10-12pm 1-4:30pm 8-10:15pm	3-8:45pm	7-10am 1-5pm

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).

Tuesday	9:30-10am
Wednesday & Thursday	4-4:30pm
Sunday	1-2pm

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	9-10:15pm
Friday	8-10:15pm
Saturday	3-8:45pm
Sunday	3-5pm & 6:30-8:45pm (TP only)



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