

Group Fitness							
Mon	Tues	Wed	Thu	Fri	Sat	Sun	
August 26	August 27	August 28	August 29	August 30	August 31	September 1	
Yoga 6-7am (S2)	Cyclefit 6:15-7am (CS)	Group Power 6-7am (S2)	Cyclefit 6:15-7am (CS)	Synrgy 360(FR) Yoga(S2) 6-7am			
	Cardio & Strength 10-11am (S2)		Cardio & Strength 10-11am (S2)	Yoga Seated 9:45-10:45am (S2)	Fitness Orientation 10-11am (FC)		
Group Power 11-11:50am (S2)	Core 11:15-11:50am (S2)	Group Power 11-11:50am (S2)	Core 11:15-11:50am (S2)			Yoga 11am-12:30pm (S2)	
NOON HOUR 12:05 – 12:50PM							
HIIT 12:05-12:35pm (G) Cyclefit (CS)* Yoga (S2)* Synrgy 360(FR)*	Bootcamp (G) Barre (S1)* Yoga (S2)* TRX (FR)*	Max (G) Cyclefit (CS)* Fusion (S1)* Boxing Bootcamp (S2)*	Cyclefit (CS)* Yoga (S2)*	Bootcamp (G) Cyclefit (CS)* Yoga (S2)*	Yoga 12-1:15pm (S2)		
	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 4:45-5:15pm (FR)			HIIT 4:45-5:15pm (FR)			
Bootcamp 5:30-6:15pm (G)	Cardio Kickbox 5:30-6:30pm (S1)	Yoga (S2) 5:15-6:15pm		Yoga 5:15-6:15pm (S2)	Registered Program		
Yoga 5:30-6:30pm (S2)	Yoga 6:30-7:30pm (S2)	TRX Bootcamp 5:30-6:15pm (FR)	Step 5:30-6:15pm (S2)		Rentals & Special Events are not listed on this schedule. Room schedules are posted outside each of the spaces at our YMCA.		
	Aikido 6:30-8:30pm (S1)	Zumba® 5:30-6:30pm (S1)	Yoga 6:30-7:30pm (S2)				
Mon	Tues	Wed	Thu	Fri	Sat	Sun	
September 2	September 3	September 4	September 5	September 6	September 7	September 8	
Labour Day Holiday	Cyclefit 6:15-7am (CS)		Cyclefit 6:15-7am (CS)	Synrgy 360(FR) Yoga(S2) 6-7am			
	Cardio & Strength 10-11am (S2)		Cardio & Strength 10-11am (S2)	Yoga Seated 9:45-10:45am (S2)	Fitness Orientation 10-11am (FC)	Group Power 8:30-9:30am (S2)	
	Core 11:15-11:50am (S2)	Group Power 11-11:50am (S2)	Core 11:15-11:50am (S2)	Group Power 11-11:50am (S2)	Step 10-11am (S2)	Yoga 11am-12:30pm (S2)	
	NOON HOUR 12:05-12:50PM						
	Bootcamp (G) Cyclefit (CS)* Barre (S1)* Yoga (S2)* TRX (FR)*	Max (G) Cyclefit (CS)* Fusion (S1)* Boxing Bootcamp (S2)*	Step (G) Cyclefit (CS)* Yoga (S2)*	Bootcamp (G) Cyclefit (CS)* Yoga (S2)*	Yoga 12-1:15pm (S2)		
	Bridge to Wellness 1-2pm (S2)	Yoga (S2) 5:15-6:15pm	Bridge to Wellness 1-2pm (S2)	Yoga 5:15-6:15pm (S2)	Meditation 1:15-1:30pm (S2)		
	Yoga 6:30-7:30pm (S2)	TRX Bootcamp 5:30-6:15pm (FR)	Step 5:30-6:15pm (S2)				
	Aikido 6:30-8:30pm (S1)	Zumba® 5:30-6:30pm (S1)	Yoga 6:30-7:30pm (S2)				

ROOM & PROGRAM LOCATIONS

(G) Gymnasium | (FR) Functional Training Room | (S1) First Floor Studio | (S2) Second Floor Studio | (CS) Cycle Studio | (MP) Main Pool | (TP) Teach Pool | (FC) Fitness Centre | (CM) Childminding

Aquatic Schedule													
Mon	Tues	Wed	Thu	Fri	Sat	Sun							
August 26	August 27	August 28	August 29	August 30	August 31	September 1							
AQUATIC FITNESS													
Shallow 10:30-11:15am (MP)	Aqua Baby & Me 10-10:45am (TP)	Shallow 10:30-11:15am (MP)											
	Deep 5:30-6:15pm (TP)												
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.													
	#	#	#	#	#	#							
5-10:30am	5	5-1:30pm	5	5am-10:30am	5	5-1:30pm	5	5-1:30pm	5	7-8:45pm	5	7-8:45pm	5
10:30-11:15am	2	1:30-3:30pm	3	10:30-11:15am	2	1:30-3:30pm	3	1:30-3:30pm	3	3:30-9:45pm	5		
11:15-1:30pm	5	3:30-9:45pm	5	11:15-1:30pm	5	3:30-7pm	5	3:30-9:45pm	5				
1:30-3:30pm	3			1:30-3:30pm	3	7-9pm	4						
3:30-5:30pm	5			3:30-5:15pm	5	9-9:45pm	5						
5:30-8pm	4			5:15-7:45pm	3								
8-9:45pm	5			7:45-9:45pm	5								
At least one lane is always available for member lane swim, including during YMCA Swim Lesson times.													
SWIM LESSONS													
Adult/Teen Drop In 5:30-8pm		Continuous Swim Lessons 5:30-7:45pm	Private Lessons 7-9pm										
		Private Swim Lessons 5-7pm											
MEMBER FAMILY SWIM Teach Pool													
3:30-5pm 7:30-9:45pm	6:30-9:45pm	3-5:15pm 7:45-9:45pm	6:15-9:45pm	3:30-5pm 7:30-9:45pm	1-8:45pm	9-8:45pm							
MEMBER & PUBLIC SWIM													
7-9:45pm	7-9:45pm	7:30-9:45pm	7-9:45pm	7-9:45pm	4-8:45pm	4-8:45pm							
Mon	Tues	Wed	Thu	Fri	Sat	Sun							
September 2	September 3	September 4	September 5	September 6	September 7	September 8							
AQUATIC FITNESS													
Labour Day Holiday	Aqua Baby & Me 10-10:45am (TP)	Shallow 10:30-11:15am (MP)											
	Deep 5:30-6:15pm (TP)												
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.													
	#	#	#	#	#	#							
7am-6:45pm	5	5am-9:45pm	5	5am-10:30am 10:30-11:15am 11:15-5:30pm 5:30-7:30pm 7:30-9:45pm	5	5am-9:45pm	5	5am-9:45pm	5	7am-8:45pm	5	7am-8:45pm	5
At least one lane is always available for member lane swim, including during YMCA Swim Lesson times.													
MEMBER FAMILY SWIM Teach Pool													
7am-6:45pm	3pm-4pm 6:30pm-9:45pm	3pm-5pm 7:45-9:45pm	3pm-4pm 6:15-9:45pm	3pm-5pm 7:30-9:45pm	1pm-8:45pm	9am-8:45pm							
MEMBER & PUBLIC SWIM													
7am-6:45pm	7pm-9:45pm	7:30pm-9:45pm	7pm-9:45pm	7pm-9:45pm	4pm-8:45pm	4pm-8:45pm							



northernalberta.ymca.ca

Childminding 0-5 yrs	(There will be no childminding on statutory holidays – Sept 2)		
This pre-booked service is included with your child's membership and offers you the chance to utilize YMCA programs and services while your children enjoy a safe, interactive and fun environment! Email dwchildminding@northernalberta.ymca.ca to Book. Included for children members \$7/Visit for non-members	Mon	Wed	Sat
		5-8pm	

Don Wheaton FAMILY YMCA

HEALTH, FITNESS & AQUATICS SCHEDULE

Recreational Sports						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
August 26	August 27	August 28	August 29	August 30	August 31	September 1
Adult Floor Hockey 5:45-6:45am (G)	Pickleball 5:45-6:45am (G)	Adult Floor Hockey 5:45-6:45am (G)	Badminton 5:45-6:45am (G)	Adult Floor Hockey 5:45-6:45am (G)	Pickleball 7-9am (G)	Badminton 7am-1pm (G)
Adult Floor Hockey 6:30-8:45pm (G)	Adult SoFCer 7:45-9:45pm (G)			Bridge to Sport 1:30-2:30pm (G)		Volleyball 4-6:45pm (G)
OPEN GYM						
5-5:45am 11-11:45am 8:15-9:45pm	5-5:45am 11-11:45am 5:45-7:30pm	5-5:45am 11-11:45am 8:15-9:45pm	5-5:45am 11-11:45am 8:15-9:45pm	5-5:45am 11-11:45am 8:15-9:45pm	9:15-8:45pm	1:15-3:45pm 7-8:45pm
Mon	Tues	Wed	Thu	Fri	Sat	Sun
September 2	September 3	September 4	September 5	September 6	September 7	September 8
<i>Labour Day Holiday</i>	Pickleball 5:45-7:45am (G) Adult SoFCer 7:45-9:45pm (G)	Adult Floor Hockey 5:45-7:45am (G)	Badminton 5:45-7:45am (G)	Adult Floor Hockey 5:45-7:45am (G)	Pickleball 7-9am (G)	Badminton 7am-1pm (G) Volleyball 4-6:45pm (G)
OPEN GYM						
7-7pm	8-7:30pm	8-9:45pm	8-9:45pm	8-1:15pm 2:45-9:45pm	9:15-8:45pm	1:15-3:45pm 7-8:45pm

Schedule subject to change; access to open gym between 11-11:45am is weather dependent and may be reserved for YMCA Summer Day Camps.

Summer Session
Aug 26-Sept 8, 2019

10211 102 Ave NW
Edmonton, AB T5J 0A5
(780) 452-YMCA (9622)

Hours of Operation

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

Weekends: **7am-9pm**

Holidays: **7am-7pm**

*Aquatic Facilities close 15 minutes before the Centre closes

Statutory Holidays

Sept 2nd Labour Day

Getting is Good Giving is Better

Be a donor.
northernalberta.ymca.ca/DONATE

Building healthy communities