

# Don Wheaton Family YMCA | Facility & Program Schedule | April 30<sup>th</sup> - June 24<sup>th</sup>, 2018

**Location Address**  
10211 102 Avenue  
Edmonton, AB, T5J 0A5  
780-452-YMCA (9622)

**Hours of Operation** *new!*  
Monday to Friday: **5am-10pm**  
Weekends: **7am-9pm**  
Holidays: **7am-7pm**  
*\*Pool closes 15 minutes before the centre closes*

**Statutory Holidays**  
**Monday, May 21 – Victoria Day**

## Group Fitness

At the YMCA, it doesn't matter what shape you're in! You will find lots of enjoyable classes for all age groups and fitness levels, which will soon have you feeling great in more ways than you ever thought possible.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
<b>Yoga</b> 6:15-7am (S)	<b>Cyclefit</b> 6:15-7am (C3)*	<b>Group Power</b> 6-7am (S)*	<b>Cyclefit</b> 6:15-7am (C3)*	<b>Yoga (S)</b> <b>Synrgy 360 Circuit (C4)</b> 6:15-7am	<b>Bootcamp (G)</b> 9-9:45am	<b>Group Power</b> 8-9am (S)*
<b>Alberta Cancer Exercise</b> 9:30-10:30am (S) Registered	<b>Group Power</b> 7-8am (S)	<b>Alberta Cancer Exercise</b> 9:30-10:30am (S) Registered	<b>Group Power</b> 7-8am (S)		<b>Yoga</b> 9:45-10:45am (S)*	<b>Fitness Orientation</b> (Work Out Centre) 9-10am
<b>Cyclefit Lvl1</b> 9:30-10:10am (C3)	<b>Cardio &amp; Strength Lvl 1</b> 9:45-10:45am (S)	<b>Cyclefit Lvl1</b> 9:30-10:10am (C3)	<b>Cardio &amp; Strength Lvl 1</b> 9:45-10:45am (S)	<b>Group Power</b> 11-11:45am (S)		<b>Cyclefit</b> 10-11am (C3)
<b>Tai Chi</b> Level 1 10-10:55am Level 2 11-11:2pm (C1-2)		<b>Core</b> 11am-11:45pm (S)*	<b>Strollerobics (C1,C2)</b> <i>new</i> <b>Group Power (S)</b> <i>new</i> 11-11:45am		<b>Core</b> 11-11:45am (S)*	<b>Group Power</b> 11-11:45am (S)
<b>Group Power</b> 11-11:45am (S)						
<b>NOON HOUR 12:05-12:50pm</b>						
<b>Bootcamp (G)</b> <b>Yoga (S)*</b> <b>Cyclefit (C3)*</b> <b>Synrgy 360 Circuit (C4)*</b>	<b>Strength – Circuit (G)</b> <b>Yoga (S)*</b> <b>Barre (C1-C2)</b> <b>Cyclefit (C3)*</b> <b>TRX® Level 1 (C4)*</b>	<b>Strength - Max (G)</b> <b>Fusion (C1-2)*</b> <b>Cyclefit (C3)*</b> <b>Boxing Bootcamp (S)*</b>	<b>Fit Challenge (G)</b> <b>Yoga (C1-2)*</b> <b>Cyclefit (C3)*</b> <b>Step (S)*</b>	<b>Bootcamp (G)</b> <b>Yoga (S)</b> <b>Cyclefit (C3)*</b> <b>Zumba® (C1,C2)</b>	<b>Yoga</b> 12-1:15pm (S)*	
<b>AFTERNOON &amp; EVENING</b>						
<b>Barre</b> 4:30-5:15pm (S)	<b>Bridge to Wellness</b> 1-2pm (S) Registered	<b>Fit Challenge (G)</b> <b>TRX® Bootcamp (C4)*</b> 5:30-6:15pm	<b>Bridge to Wellness</b> 1-2pm (S) Registered	<b>Yoga</b> 5:30-6:30pm (S)*	<i>Rentals &amp; Special Events are not listed on this schedule. Room schedules are posted outside each of the spaces at our YMCA.</i>	
<b>Bootcamp</b> 5:30-6:15pm (G)	<b>Cyclefit (C3)*</b> <b>Group Power (S)</b> <i>new</i> 5:30-6:15pm		<b>Group Power (S)</b> 4:30-5:15pm			
<b>Yoga (S)*</b> <b>Cyclefit (C3)*</b> 5:30-6:30pm	<b>Group Fight (C1,C2)</b> 5:30-6:30pm	<b>Yoga (S)*</b> <b>Cyclefit (C3)*</b> 5:30-6:30pm	<b>Cyclefit (C3)</b> <b>Group Power (G)</b> 5:30-6:30pm			
<b>Kickboxing</b> 5:30-6:30pm (C1-C2) Registered	<b>Zumba (G)</b> <i>new</i> <b>Yoga (S)*</b> 6:30-7:30pm	<b>Group Fight (S)</b> 6:30-7:30pm	<b>Zumba (G)</b> <i>new</i> 6:40-7:40pm			
<b>Zumba®</b> 6:30-7:30pm (S)	<b>Aikido</b> 6:30-8:30pm (C1, C2)		<b>Yoga (S)*</b> 6:30-7:30pm			

## Recreational Sports

The YMCA's wide range of sports and recreational programs promote healthy and active lifestyles that teach you new skills, help get you fit and maximize the fun factor!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DROP IN SPORTS</b>						
<b>Adult Floor Hockey</b> 6:30-8am (G)	<b>Badminton</b> 6-8am (G)	<b>Adult Floor Hockey</b> 6:30-8am (G)	<b>Badminton</b> 6-8am (G)	<b>Adult Floor Hockey</b> 6:30-8am (G)	<b>Pickleball</b> 7-8:30am (G)	<b>Badminton</b> 7am-1pm (G)
<b>Adult Floor Hockey</b> 6:30-8pm (G)	<b>Basketball</b> 1-3pm (G)	<b>Pickleball</b> 9:45-10:45am (G)	<b>Basketball</b> 1-5pm (G)	<b>Bridge to Sport</b> 1:30-2:30pm (G)		
	<b>Adult Soccer</b> 7:45-9:45pm (G)	<b>Adult Soccer</b> 7:30-9pm (G)		<b>Water Polo</b> 5:30-6:30pm (TP)	<b>Soccer</b> 4-6:45pm (G)	<b>Volleyball</b> 4-6:45pm (G)
<b>OPEN GYM</b>						
5:30-6:15am 9:45-11:45am 1:15-5:15pm 8:15-9:45pm	5:30-5:45am 9:45-10:30am 3:15-6:15pm	5:30-6:15am 11-11:45am 1:15-5:15pm 6:30-7:30pm 9:15-9:45pm	5:30-5:45am 9:45-10:30am 8:15-9:45pm	5:30-6:15am 9:45-11:45am 2:45-9:45pm	1:30-3:45pm 7-8:45pm	1:15-3:45pm 7-8:45pm

(G) Gymnasium • (S) Studio • (C1,C2,C3,C4) Community Rooms • (MP) Main Pool • (TP) Teach Pool

\*Tag required; available at Membership Sales & Services 15 minutes prior to start time

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**Child & Youth** YMCA children's programs build a foundation for physical fitness that will last a lifetime by helping kids get active in a fun, safe setting.

DROP IN			REGISTERED		
Child Minding offer parents the chance to utilize YMCA programming of their own while their children enjoy a safe, interactive and fun environment.			<b>Jr. NBA Basketball</b>	Saturday 10-11am	5-7 yrs
			<b>Basketball</b>	Saturday 11:15am-12pm	7-9 yrs
<b>Child Minding (Play Care)</b>	Wednesday 5-8pm Saturday 9-12pm	6 weeks-12 yrs	<b>Steve Nash Youth Basketball</b>	Saturday 12:30-1:15pm	9-12 yrs
			<b>Sportball</b>	Saturday 11-11:45am Saturday 10-11am Saturday 12:15-1:15pm	2-3 yrs 3-5 yrs 5-7 yrs
<b>Indoor Play Space</b>	Saturday 12-2pm	0-6yrs *Parented	<b>Night at the Y</b>	Fridays 6-9pm	3-9 yrs

**Aquatic/Pool Schedule**

Our flexible, customized approach to aquatics means that there's something for everyone, from those learning to take their first strokes to hard-core water fitness enthusiasts.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>LANE SWIM</b>													
5:30-8:45am	# 5	5:30am-6:45pm	# 5	5:30am-8:45am	# 5	5:30am-5:15pm	# 5	5:30am-8:45am	# 5	7-8:45am	# 5	7-9am	# 5
8:45-11:30am	# 2	6:45-7:30pm	# 4	8:45-11:30am	# 2	5:15-6:30pm	# 2	10:00 am-7:00pm	# 5	8:45-1pm	# 2	9-5pm	# 3
11:30-5:45pm	# 5	7:30-9:45pm	# 5	11:30am-5:20pm	# 5	6:30-7:30pm	# 4	7-9pm	# 3	1-5pm	# 1	5-8:45pm	# 5
5:45-7:30pm	# 3			5:20-7:50pm	# 3	7:30-9:45pm	# 5	9-9:45pm	# 5	5-8:45pm	# 5		
7:30-9:45pm	# 5			7:50-9:45pm	# 5								
<b>AQUA JOG</b>													
Aqua Jog is available in the <b>Main Pool</b> lanes according to the "Lane Swim Schedule", provided that the user is in the appropriate lane (speed) and are adhering to lane swim etiquette.													
<b>Teach Pool - Deep</b> 5:30-9:30am 12-1pm		<b>Teach Pool - Deep</b> 5:30-9:30am 12-12:45pm 4-5:45pm (4ft)		<b>Teach Pool - Deep</b> 5:30-9:30am 12-1pm		<b>Teach Pool - Deep</b> 5:30-9:30am 12-12:45pm 4-6:15pm (4 ft)		<b>Teach Pool - Deep</b> 5:30-9:30am 12-1pm		<b>Teach Pool - Deep</b> 7-8:45am		<b>Teach Pool - Deep</b> 7-9am	
<b>AQUATIC FITNESS</b>													
<b>Aqua Shallow</b> <sup>n.e.w.</sup> 9-9:45am (MP)	<b>Aqua Deep</b> 10:30-11:15am (TP)	<b>Aqua Shallow</b> <sup>n.e.w.</sup> 9-9:45am (MP)	<b>Aqua Deep</b> 10:30-11:15am (TP)	<b>Aqua Shallow</b> <sup>n.e.w.</sup> 9-9:45am (MP)	<b>Aqua Deep</b> 10:30-11:15am (TP)	<b>Aqua Shallow</b> <sup>n.e.w.</sup> 9-9:45am (MP)	<b>Aqua Deep</b> 10:30-11:15am (TP)	<b>Aqua Shallow</b> <sup>n.e.w.</sup> 9-9:45am (MP)	<b>Aqua Deep</b> 10:30-11:15am (TP)	<b>Aqua Shallow</b> <sup>n.e.w.</sup> 9-9:45am (MP)	<b>Aqua Deep</b> 10:30-11:15am (TP)	<b>Aqua Shallow</b> <sup>n.e.w.</sup> 9-9:45am (MP)	<b>Aqua Deep</b> 10:30-11:15am (TP)
<b>Aqua Shallow Lvl 1</b> 10:30-11:15am (MP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)	<b>Aqua Shallow Lvl 1</b> 10:30-11:15am (MP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)	<b>Aqua Shallow Lvl 1</b> 10:30-11:15am (MP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)	<b>Aqua Shallow Lvl 1</b> 10:30-11:15am (MP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)	<b>Aqua Shallow Lvl 1</b> 10:30-11:15am (MP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)	<b>Aqua Shallow Lvl 1</b> 10:30-11:15am (MP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)	<b>Aqua Shallow Lvl 1</b> 10:30-11:15am (MP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)
<b>Aqua Baby &amp; Me</b> <sup>n.e.w.</sup> 11:15-12pm (TP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)	<b>Aqua Baby &amp; Me</b> <sup>n.e.w.</sup> 11:15-12pm (TP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)	<b>Aqua Baby &amp; Me</b> <sup>n.e.w.</sup> 11:15-12pm (TP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)	<b>Aqua Baby &amp; Me</b> <sup>n.e.w.</sup> 11:15-12pm (TP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)	<b>Aqua Baby &amp; Me</b> <sup>n.e.w.</sup> 11:15-12pm (TP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)	<b>Aqua Baby &amp; Me</b> <sup>n.e.w.</sup> 11:15-12pm (TP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)	<b>Aqua Baby &amp; Me</b> <sup>n.e.w.</sup> 11:15-12pm (TP)	<b>Aqua Deep</b> <sup>n.e.w.</sup> 12:05-12:50am (TP)
<b>Aqua Shallow</b> <sup>n.e.w.</sup> 6:30 - 7:15pm (TP)	<b>Aqua Deep</b> 6-6:45pm (TP)	<b>Aqua Shallow</b> <sup>n.e.w.</sup> 6:30 - 7:15pm (TP)	<b>Aqua Deep</b> 6-6:45pm (TP)	<b>Aqua Shallow</b> <sup>n.e.w.</sup> 6:30 - 7:15pm (TP)	<b>Aqua Deep</b> 6-6:45pm (TP)	<b>Aqua Shallow</b> <sup>n.e.w.</sup> 6:30 - 7:15pm (TP)	<b>Aqua Deep</b> 6-6:45pm (TP)	<b>Aqua Shallow</b> <sup>n.e.w.</sup> 6:30 - 7:15pm (TP)	<b>Aqua Deep</b> 6-6:45pm (TP)	<b>Aqua Shallow</b> <sup>n.e.w.</sup> 6:30 - 7:15pm (TP)	<b>Aqua Deep</b> 6-6:45pm (TP)	<b>Aqua Shallow</b> <sup>n.e.w.</sup> 6:30 - 7:15pm (TP)	<b>Aqua Deep</b> 6-6:45pm (TP)
<b>SWIM LESSONS &amp; CLUBS</b>													
<b>Adult Drop-in Lessons</b> 5:30-7:30pm	<b>Private Lessons</b> 7-7:30pm	<b>Childrens' Lessons</b> 5:30-7:45pm	<b>Private Lessons</b> 7-7:30pm	<b>Childrens' Lessons</b> 9am-12:30pm	<b>Junior Lifeguard Club</b> 1-3pm	<b>Private Lessons</b> 1-2pm	<b>Adapted Swimming Lessons</b> 2-4pm Registered	<b>Mermaid Swim School</b> 4-5pm Registered					
<b>FAMILY SWIM</b>													
<b>Teach Pool - Shallow</b> 3-5:30pm 7:30-9:45pm	<b>Teach Pool - Shallow</b> 3-4pm 7-9:45pm	<b>Teach Pool - Shallow</b> 3-5:15pm 7:45-9:45pm	<b>Teach Pool - Shallow</b> 3-4pm 6:15-9:45pm	<b>Teach Pool - Shallow</b> 3-5:30pm 7:30-9:45pm	<b>Teach Pool - Shallow</b> 3-4pm 7:30-9:45pm	<b>Teach Pool - Shallow</b> 3-4pm 7:30-9:45pm	<b>Teach Pool - Shallow</b> 3-4pm 7:30-9:45pm	<b>Teach Pool - Shallow</b> 3-5:30pm 7:30-9:45pm	<b>Teach Pool - Shallow</b> 12:30-1pm 4-8:45pm	<b>Teach Pool - Shallow</b> 12:30-1pm 4-8:45pm	<b>Teach Pool - Shallow</b> 12:30-1pm 4-8:45pm	<b>Teach Pool - Shallow</b> 12:30-1pm 4-8:45pm	<b>Teach Pool - Shallow</b> 9am-8:45pm
<b>PUBLIC SWIM</b>													
Pool is available to members and non-members. Reduced public swim rates are available for non-members.													
7:30-9:45pm	7-9:45pm	7:30-9:45pm	7:30-9:45pm	7:30-9:45pm	7:30-9:45pm	7:30-9:45pm	7:30-9:45pm	7:30-9:45pm	7:30-9:45pm	7:30-9:45pm	7:30-9:45pm	7:30-9:45pm	7:30-9:45pm

<p><b>FREE PARKING FOR MEMBERS</b> for up to 3 hours; 2-hour limit from 8:30am-3:30pm on weekdays</p>	<p><b>Annual Pool Shutdown</b> ***** June 18 – July 2<sup>nd</sup> *****</p>
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(G) Gymnasium • (S) Studio • (C1,C2,C3,C4) Community Rooms • (MP) Main Pool • (TP) Teach Pool

\*Tag required; available at Membership Sales & Services 15 minutes prior to start time

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