

Don Wheaton Family YMCA | Facility & Program Schedule | January 8th – March 4th, 2018

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

Hours of Operation
Monday to Friday: **5:30am-10:00pm**
Wekenes & Holidays: **7:00am-7:00pm**
**Pool closes 15 minutes before the centre closes*

Statutory Holidays
Monday, February 19 – Family 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
MORNING						
Yoga 6:15-7am (S) Group Power 7:15-8am (S) Alberta Cancer Exercise 9-10:45am (S) Registered Cyclefit Lvl1 9:30-10:10am (C3) Tai Chi Level 1* 10-10:55am Level 2 11-12pm (C1-2) Group Power 11-11:45am (S)	Cyclefit 6:15-7am (C3)* Cardio & Strength Lvl 1 10-11am (S) Strength – Core 11:15am-12pm (S)*	Group Power 6-7am (S)* Alberta Cancer Exercise 9-10:45am (S) Registered Cyclefit Lvl1 9:30-10:10am (C3) Zumba® 11-11:45am (S)	Cyclefit 6:15-7am (C3)* Group Power 7:15-8am (S) Cardio & Strength Lvl 1 10-11am (S) Strength – Core 11:15am-12pm (S)*	Yoga (S) Synrgy 360 Circuit (C4) 6:15-7am Yoga 9:45-10:45am (S)* Group Power 11-11:45am (S)	Bootcamp (G) TRX Level 1 (C4) 9-9:45am Fitness Orientation (Work Out Centre) 9-10am Step & Strength 10-11:15am (S)* Cyclefit 10-11am (C3)	Group Power 8-9am (S)* Group Fight 9:15-10:15am (S) Yoga 11-12:30pm (S)*
NOON HOUR 12:05-12:50pm						
Bootcamp (G) Yoga (S)* Cyclefit (C3)* Synrgy 360 Circuit (C4)*	Strength – Circuit (G) Yoga (S)* Barre (C1-C2) Cyclefit (C3)* TRX® Level 1 (C4)*	Strength - Max (G) Fusion (C1-2)* Cyclefit (C3)* Boxing Bootcamp (S)*	Fit Challenge (G) Yoga (C1-2)* Cyclefit (C3)* Step (S)*	Bootcamp (G) Yoga (S) Cyclefit (C3)* Zumba® (C1,C2)	Yoga 12-1:30pm (S)*	
AFTERNOON & EVENING						
Barre 4:30-5:15pm (S) Bootcamp 5:30-6:15pm (G) Yoga (S)* Cyclefit (C3)* 5:30-6:30pm Kickboxing 6-7:15pm (C1-2) Registered Zumba® 6:30-7:15pm (S)	Bridge to Wellness 1-2pm (S) Registered Cyclefit (C3)* Step - Level 1 (S) 5:30-6:15pm Yoga 5:30-6:30pm (C1)* Group Power 6:30-7:30pm (G) Yoga 6:30-7:30pm (S)*	Bootcamp (G) TRX® Bootcamp (C4)* 5:30-6:15pm Yoga (S)* Cyclefit (C3)* 5:30-6:30pm Group Fight (S) 6:30-7:30pm Aikido 6:30-8:30pm (C1)	Bridge to Wellness 1-2pm (S) Registered Group Power 4:15-5pm (S)* Step & Strength 5:15-6pm (S)* Group Power (G) Cyclefit (C3) 5:30-6:30pm Cardio Dance 6:05-6:50pm (S) Yoga 7-8pm (S)* Moh Pai Kung Fu 7-8:30pm (C1-2)	Yoga 5:30-6:30pm (S)*	<i>Rentals & Special Events are not listed on this schedule. Room schedules are posted outside each of the spaces at our YMCA.</i>	

Recreational Sports

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

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

NEW CLASSES!

(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.			Jr. NBA Basketball	Saturday 10-11am	5-7 yrs
			Basketball	Saturday 11:15am-12pm	7-9 yrs
Child Minding (Play Care)	Wednesday 5-8pm Saturday 9-12pm	6 weeks-12 yrs	Steve Nash Youth Basketball	Saturday 12:30-1:15pm	9-12 yrs
			Sportball	Saturday 11-11:45am Saturday 10-11am Saturday 12:15-1:15pm	2-3 yrs 3-5 yrs 5-7 yrs
Indoor Play Space	Saturday 12-2pm	0-6yrs *Parented	Night at the Y	Fridays 6-9pm	16mo-2yrs

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	
LANE SWIM													
5:30-10:15am	# 5	5:30am-6:45pm	# 5	5:30am-10:15am	# 5	5:30am-5:15pm	# 5	5:30am-7pm	# 5	7-8:45am	# 5	7-9am	# 5
10:15-11:30am	2	6:45-7:30pm	4	10:15-11:30am	2	5:15-6:30pm	2	7-9pm	3	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	9-9:45pm	5	1-5pm	1	5-6:45pm	5
5:45-7:30pm	3			5:20-7:50pm	3	7:30-9:45pm	5			5-6:45pm	5		
7:30-9:45pm	5			7:50-9:45pm	5								
AQUA JOG													
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 are adhering to lane swim etiquette.													
Teach Pool - Deep 5:30-9:30am 12-1pm		Teach Pool - Deep 5:30-9:30am 12-1pm 4-6pm (4ft)		Teach Pool - Deep 5:30-9:30am 12-1pm		Teach Pool - Deep 5:30-9:30am 12-1pm 4-6:15pm (4 ft)		Teach Pool - Deep 5:30-9:30am 12-1pm		Teach Pool - Deep 7-8:45am		Teach Pool - Deep 7-9am	
AQUATIC FITNESS													
Aqua Shallow Lvl 1 10:30-11:15am (MP)		Aqua Deep 10:30-11:15am (TP) Aqua Deep 6-6:45pm (TP)		Aqua Shallow Lvl 1 10:30-11:15am (MP)		Aqua Deep 10:30-11:15am (TP) Aqua Zumba® 5:30-6:15pm (MP)		Water Polo 5:30-6:30pm (TP) Y-Tri Swim 7-9pm (MP)		Aqua Zumba® 12:30-1:15pm (TP)			
SWIM LESSONS & CLUBS													
Adult Drop-in Lessons 5:30-7:30pm		Private Lessons 7-7:30pm		Childrens' Lessons 5:30-7:45pm		Private Lessons 7-7:30pm				Childrens' Lessons 9am-12:30pm			
										Junior Lifeguard Club 1-3pm			
				Private Lessons 7-7:30pm						Private Lessons 1-2pm			
										Adapted Swimming Lessons 2-4pm Registered			
										Mermaid Swim School 4-5pm Registered			
FAMILY SWIM													
Teach Pool - Shallow 3-5:30pm 7:30-9:45pm		Teach Pool - Shallow 3-4pm 7-9:45pm		Teach Pool - Shallow 3-5:15pm 7:45-9:45pm		Teach Pool - Shallow 3-4pm 6:15-9:45pm		Teach Pool - Shallow 3-5:30pm 7:30-9:45pm		Teach Pool - Shallow 12:30-1pm 4-6:45pm		Teach Pool - Shallow 9am-6:45pm	
PUBLIC SWIM													
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		7-9:45pm		4-6:45pm		8am-6:45pm	

FREE PARKING FOR MEMBERS

for up to 3 hours; 2-hour limit from 8:30am-3:30pm on weekdays

NOW OFFERING CHILD MINDING

Wednesday Evenings (5-8pm) and Saturday Mornings (9-12pm)

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

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