

Group Fitness

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|--|--|---|
| TRX 8:15-9:15am (S) | Cyclefit Bootcamp 9:15-10:15am (S) | Cyclefit 5:45-6:30am (S) | Step 9:15-10:15am (G) | Cyclefit 8:30-9:00am (S) | Cyclefit 9:15-10:15am (S) | Cyclefit 8:15-9:00am (S) |
| Bootcamp 9:15-10:15am (G) | Step 10:30-11:30am (G) | TRX 8:15-9:15am (S) | Baby & Me Fitness 10:30-11:30am (G) | Group Power 9:15-10:15am (G) | Zumba® 10-11am (S3) | Group Power 9:15-10:15am (1/2G) |
| Cardio & Strength 10:30-11:30am (G) | Tai Chi 10:30-11:30am (S) | Stretch & Mobility 9:30-10:15am (S3) | Tai Chi 10:30-11:30am (S) | Yoga 10:30-11:30am (S3) | Synrgy 360 10:30-11:30am (WOC) | Yoga 10:30am-12:00pm (S3) |
| Yoga 11:30am-12:30pm (S3) | Cardio & Strength Lvl 1 12-1pm (G) | Cyclefit Lvl 1 10am-11am (S) | Cardio & Strength Lvl 1 12-1pm (G) | Cardio Dance 12-12:45pm (S3) | | |
| | Bridge to Wellness 1:15-2:15pm (S) | Fusion 10:30am-11:30am (S3) | Bridge to Wellness 1:15-2:15pm (S) | | | Yoga 7-8pm (S3) |
| | Alberta Cancer Exercise 2:45-3:45pm (S) | Yoga Lvl 1 11:45-12:45pm (S3) | Alberta Cancer Exercise 2:45-3:45pm (S) | | | |
| Yoga 5:00-6:00pm (S3) | Women's Only Strength Lvl 1 5:00-5:45pm (S3) | Women's Only Cardio Dance/Core 6:15-7:45pm (S3) | Cyclefit 5:30-6:15pm (S) | | | |
| Women's Only Zumba® 6:15-7:15pm (S3) | Yoga for Back Health 6:00-7:00pm (S3) | Synrgy 360 6:30-7:15pm (WOC) | Bootcamp 6:30-7:15pm (S) | | | |
| Barre 7:30-8:30pm (S3) | Cyclefit 6:00-7:00pm (S) | Zumba® 7:15-8:15pm (G) | Aikido 6:30-8pm (S3) | Synrgy 360 7:15-8pm (WOC) | | |
| Zumba® 7:15-8:15pm (G) | Group Power 7:15-8:15pm (S) | Yoga 8:00-9:00pm (S3) | Strong by Zumba® 7:15-8:15pm (G) | | <i>Registered Program</i> | |

Recreational Sports

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|--|---------------------------------|--|
| Badminton 7am-9am (G) | Pickleball 1:15-2:15pm (G) | Badminton 8am-12pm (G) | | Badminton 7am-9am (G) | Badminton 7am-9am (G) | Badminton 7am-12pm (G) |
| Pickleball 1:15-2:15pm (G) | Adult Volleyball 8:00-10:15pm (G) | Pickleball 1:15-2:15pm (G) | Pickleball 1:15-2:15pm (G) | Pickleball 1:15-2:15pm (G) | | Adult Volleyball 2:00-5:00pm (G) |
| OPEN GYM | | | | | | |
| 5:30-6:45am 11:45am-1pm 2:30-3:45pm 8:30-10:15pm | 5:30-10:15am 2:30-3:45pm 6:00-7:45pm | 5:30-7:45am 12:15-1pm 2:30-3:45pm 8:30-10:15pm | 5:30-9:00am 2:30-3:45pm 6-7:00pm 8:30-10:15pm | 5:30-6:45am 10:30am-1pm 2:30-3:45pm 6-7pm | 2:15-8:45pm | 12:15-1:45pm 5:15-8:45pm |

ROOM & PROGRAM LOCATIONS

(G) Gymnasium | (S) Studio | (S1) Studio 1 | (S2) Studio 2 | (S3) Studio 3 | (WOC) Workout Centre | (MP) Main Pool | (TP) Teach Pool | (MPR 1) Multi-purpose Room 1 | (MPR 2) Multi-purpose Room 2 | (K) Kitchen

Aquatic Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | | | | | | |
|--|---|---|--|--|--|-------------------------------------|-----|----------------|-----|-------------|-----|-------------|-----|
| AQUATIC FITNESS | | | | | | | | | | | | | |
| Deep 9-10am (MP) | | Deep 9-10am (MP) | | Deep 9-10am (MP) | | Deep 10-11am (MP) | | | | | | | |
| Shallow 10:15-11am (MP) | | Shallow 10:15-11am (MP) | | Shallow 10:15-11am (MP) | | | | | | | | | |
| | | Warm Water 1:00-1:45pm (TP) | | | | | | | | | | | |
| DROP IN SWIM LESSONS | | | | | | | | | | | | | |
| | Parented Lil' Dippers 5:35-6:05pm (TP) | Parented Lil' Dippers 10-10:30am (TP) | Parented Lil' Dippers 6:10-6:40pm (TP) | Parented Lil' Dippers 5:40-6:10pm (TP) | Parented Lil' Dippers 10:35-11:05am (TP) 2:40-3:10pm (TP) | | | | | | | | |
| | | Teen 6:45-7:45pm (MP) | | | Teen 12:55-1:55pm (MP) | | | | | | | | |
| Adult 6:45-7:45pm (MP) | | Adult 12-1pm (MP) | | | | Adult 12-1pm (MP) | | | | | | | |
| SWIM LESSONS & CLUBS | | | | | | | | | | | | | |
| Continuous Swim Lessons (Children) 5-8pm YMCA Swim Club 6-8pm | Continuous Swim Lessons (Children) 5-8:30pm | Continuous Swim Lessons (Children) 10am-12pm 5-8pm | Mermaid Swim School 4-5pm | Child Care Swim Lessons 9:30-11:30am | Continuous Swim Lessons (Children) 10am-3:15pm | Bronze Club 1-2:30pm (MP) | | | | | | | |
| | | | Continuous Swim Lessons (Children) 5-8pm | Continuous Swim Lessons (Children) 4:30-7:30pm | | | | | | | | | |
| | | | YMCA Swim Club 6:30-8:30pm | Junior Lifeguard Club 6:30-8:30pm | | | | | | | | | |
| LANE SWIM | | | | | | | | | | | | | |
| 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. | | | | | | | | | | | | | |
| 5:30-8:45am | # 4 | 5:30-9am | # 4 | 5:30-8:45am | # 4 | 5:30-9am | # 4 | 5:30-8:45am | # 4 | 7-9:50am | # 3 | 7-9:45am | # 4 |
| 8:45-11:15am | 1 | 9am-4:45pm | 3 | 8:45-11:15am | 1 | 9am-4:45pm | 3 | 8:45-10:15am | 1 | 9:50-3:30pm | 1 | 9:45-11am | 1 |
| 11:15am-4:45pm | 2 | 4:45-8:45pm | 1 | 11:15am-4:45pm | 2 | 4:45-8:30pm | 1 | 10:15am-4:15pm | 2 | 3:30-8:45pm | 2 | 11am-8:45pm | 3 |
| 4:45-8:15pm | 1 | 8:45-10:15pm | 2 | 4:45-8:15pm | 1 | 8:30-10:15pm | 2 | 4:15-8:45pm | 1 | | | | |
| 8:15-10:15pm | 2 | | | 8:15-10:15pm | 2 | | | 8:45-10:15pm | 2 | | | | |
| <i>At least one lane is always available for member lane swim, including during YMCA Swim Lesson times.</i> | | | | | | | | | | | | | |
| MEMBER FAMILY SWIM TEACH POOL | | | | | | | | | | | | | |
| 5:30am-4:45pm 8-10:15pm | 5:30am-4:45pm 8-10:15pm | 5:30am-9:45am 12-1pm 1:45-4:45pm 8-10:15pm | 5:30am-4:45pm 8-10:15pm | 5:30-9:30am 11:30am-4:15pm 7:30-10:15pm | 7am-9:50am 305-8:45pm | 7-10am 1-8:45pm | | | | | | | |
| MEMBER FAMILY SWIM MAIN POOL | | | | | | | | | | | | | |
| 5:30-9am 11am-4:45pm 8-10:15pm | 5:30am-4:45pm 8:30-10:15pm | 5:30-9am 11-4pm 8-10:15pm | 5:30-1pm 8:30-10:15pm | 5:30-9am 11am-4:15pm 7:30-10:15pm | 7-9:50am 3:15-8:45pm | 7am-8:45pm | | | | | | | |
| MEMBER & PUBLIC SWIM | | | | | | | | | | | | | |
| 8-10:15pm | 8:30-10:15pm | 8-10:15pm | 8:30-10:15pm | 7:30-10:15pm | 5-8:45pm | 5-8:45pm | | | | | | | |

Preschool, Child & Youth

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|----------|
| DROP IN | | | | | | |
| Childminding for 6wks-5 years (MPR 2) | | | | | | |
| 8am-1pm 5pm-8:30pm | 9am-1pm 5pm-8:30pm | 8am-1pm 5pm-8:30pm | 9am-1pm 5pm-8:30pm | 8am-1pm | 9am-12pm | 9am-12pm |
| Kids Club for 6-12 years (MPR1) | | | | | | |
| 5pm-8:30pm | 5pm-8:30pm | 5pm-8:30pm | 5pm-8:30pm | | 9am-12pm | 9am-12pm |
| REGISTERED | | | | | | |
| Purposeful Play 3-5yrs 9-11am (P) | Purposeful Play 3-5yrs 9-11am (P) | Purposeful Play 3-5yrs 9-11am (P) | Purposeful Play 3-5yrs 9-11am (P) | Purposeful Play 3-5yrs 9-11am (P) | See below for Saturday programs! | |
| World Tae Kwon Do 6yrs+ 5:15pm-6:10pm (S) or 6:15pm-7:10pm (S) | | Sportball 2-3yrs 1:15pm-2:15pm or 2:15pm-3:15pm (S) | | | | |
| | | Basketball 5-7yrs 4-4:55pm (G) | Volleyball 7-9 yrs 4-4:55pm (G) | | | |
| Soccer 5-7yrs 4-4:55pm (G) | | Basketball 7-9yrs 5-5:55pm (G) | Volleyball 9-12 yrs 5-5:55pm (G) | | | |
| Soccer 7-9yrs 5-5:55pm | | Basketball 9-12yrs 6-6:55pm (G) | | Teen Night 7-10pm | | |
| Soccer 9-12yrs 6-6:55pm (G) | | World Tae Kwon Do 6yrs+ 5:15pm-6:10pm (S) or 6:15pm-7:10pm (S) | | Leaders in Training 6:00-8:00pm (MPR 1) | | |



northernalberta.ymca.ca

CASTLE DOWNS FAMILY YMCA

HEALTH, FITNESS & AQUATICS SCHEDULE

Winter & Spring Sessions
January 7 – June 23, 2019

11510 – 153 Avenue
Edmonton, AB T5X 6A3
(780) 476-YMCA (9622)

Hours of Operation

Monday to Friday: **5:30am-10:30pm**
Weekends & Holidays: **7am-9pm**

*Aquatic Facilities close 15 minutes before the Centre closes

Statutory Holidays

February 18th *Family Day* May 20th *Victoria Day*
April 19th *Good Friday*

| SATURDAY PROGRAMMING | | | | |
|---|--|---|--|--|
| REGISTERED | | | | |
| Sport and Rec Programming \$10 for members (Basketball, Soccer, and Volleyball) | | | | |
| 10 AM | Basketball 5-7yrs 10-10:55am (G) | Basketball 7-9yrs 10-10:55am (G) | | Literacy Learners 1 8-12yrs 9-10:30am (MPR2) |
| 11 AM | Soccer 7-9yrs 11-11:55am (G) | Basketball 9-12yrs 11-11:55am (G) | | Literacy Learners 2 8-12yrs 11-12:30pm (MPR2) |
| 12 PM | Soccer 5-7yrs 12-12:45pm (G) | Volleyball 9-12yrs 12-12:55pm (G) | | |
| 1 PM | Soccer 9-12yrs 1-1:55pm (G) | Sports of All Sorts 3-5yrs 1-1:45pm (G) | | |

Childminding

This 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!

Included for members, \$7/visit for non-members
Call 780-377-3717 to book.



WE BELIEVE THAT EVERY KID DESERVES A CHANCE TO REACH THEIR POTENTIAL!
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YMCA
STRONG KIDS
CAMPAIGN

Building healthy communities