

## Group Fitness

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

## Recreational Sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Badminton</b> 7am-9am (G)	<b>Pickleball</b> 1:15-2:15pm (G)	<b>Badminton</b> 8am-12pm (G)		<b>Badminton</b> 7am-9am (G)	<b>Badminton</b> 7am-9am (G)	<b>Badminton</b> 9am-12pm (G)
<b>Pickleball</b> 1:15-2:15pm (G)	<b>Adult Volleyball</b> 8:00-10:15pm (G)	<b>Pickleball</b> 1:15-2:15pm (G)	<b>Pickleball</b> 1:15-2:15pm (G)	<b>Pickleball</b> 1:15-2:15pm (G)		<b>Adult Volleyball</b> 2:00-5:00pm (G)
<b>OPEN GYM</b>						
5:30-6:45am 11:45am-1pm 2:30-3:45pm 8:30-10:15pm	5:30-10:15am 2:30-3:50pm 7:00-7:45pm	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 2:30-7pm	3:10-8:45pm	7-8:45am 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 | (TL) Teen Lounge

## Aquatic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
<b>AQUATIC FITNESS</b>													
<b>Deep</b> 9-10am (MP)		<b>Deep</b> 9-10am (MP)		<b>Deep</b> 9-10am (MP)		<b>Deep</b> 10-11am (MP)							
<b>Shallow</b> 10:15-11am (MP)	<b>Baby &amp; Me Aqua</b> 10:30-11:15am (MP)	<b>Shallow</b> 10:15-11am (MP)		<b>Shallow</b> 10:15-11am (MP)									
		<b>Warm Water</b> 1:00-1:45pm (TP)											
<b>DROP IN SWIM LESSONS</b>													
	<b>Parented Lil' Dippers</b> 5:35-6:05pm (TP)	<b>Parented Lil' Dippers</b> 10-10:30am (TP)	<b>Parented Lil' Dippers</b> 6:10-6:40pm (TP)	<b>Parented Lil' Dippers</b> 5:40-6:10pm (TP)	<b>Parented Lil' Dippers</b> 10:35-11:05am (TP) 2:40-3:10pm (TP)								
		<b>Teen</b> 6:45-7:45pm (MP)			<b>Teen</b> 12:55-1:55pm (MP)								
<b>Adult</b> 6:45-7:45pm (MP)		<b>Adult</b> 12-1pm (MP)				<b>Adult</b> 12-1pm (MP)							
<b>SWIM LESSONS &amp; CLUBS</b>													
<b>Continuous Swim Lessons</b> (Children) 5-8pm  <b>YMCA Swim Club</b> 6-8pm	<b>Continuous Swim Lessons</b> (Children) 5-8:30pm	<b>Continuous Swim Lessons</b> (Children) 10am-12pm 5-8pm	<b>Mermaid Swim School</b> 4-5pm	<b>Child Care Swim Lessons</b> 9:30-11:30am	<b>Continuous Swim Lessons</b> (Children) 10am-3:15pm	<b>Bronze Club</b> 1-2:30pm (MP)							
			<b>Continuous Swim Lessons</b> (Children) 5-8pm	<b>Continuous Swim Lessons</b> (Children) 4:30-7:30pm									
			<b>YMCA Swim Club</b> 6:30-8:30pm	<b>Junior Lifeguard Club</b> 6:30-8:30pm									
<b>LANE SWIM</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 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	9:50am-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>													
<b>MEMBER FAMILY SWIM   TEACH POOL</b>													
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	7-9:50am 3:30-8:45pm	7-10am 1-8:45pm							
<b>MEMBER FAMILY SWIM   MAIN POOL</b>													
5:30-9am 11am- 4:45pm 8-10:15pm	5:30am- 4:45pm 8:30-10:15pm	5:30am-9am 11am-4pm 8-10:15pm	5:30am-1pm 8:30-10:15pm	5:30-9am 11am-4:15pm 7:30-10:15pm	7-9:50am 3:30-8:45pm	7am-8:45pm							
<b>MEMBER &amp; PUBLIC SWIM</b>													
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
<b>DROP IN</b>						
<b>Childminding for 6wks-5 years (MPR 2)</b>						
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
<b>Kids Club for 6-12 years (MPR1)</b>						
5pm-8:30pm	5pm-8:30pm	5pm-8:30pm	5pm-8:30pm		9am-12pm	9am-12pm
<b>REGISTERED</b>						
<b>Purposeful Play 3-5yrs</b> 9-11am (MPR 1)	<b>Purposeful Play 3-5yrs</b> 9-11am (MPR 1)	<b>Purposeful Play 3-5yrs</b> 9-11am (MPR 1)	<b>Purposeful Play 3-5yrs</b> 9-11am (MPR 1)	<b>Purposeful Play 3-5yrs</b> 9-11am (MPR 1)	<b>See below for Saturday programs!</b>	
<b>World Tae Kwon Do</b> 6yrs+ 5:15pm-6:10pm (S) or 6:15pm-7:10pm (S)						
	<b>Floor Hockey</b> 5-7yrs 4-4:55pm (G)	<b>Basketball</b> 5-7yrs 4-4:55pm (G)	<b>Volleyball</b> 7-9yrs 4-4:55pm (G)			
<b>Soccer</b> 5-7yrs 4-4:55pm (G)	<b>Floor Hockey</b> 7-9yrs 5-5:55pm (G)	<b>Basketball</b> 7-9yrs 5-5:55pm (G)	<b>Volleyball</b> 9-12yrs 5-5:55pm (G)			
<b>Soccer</b> 7-9yrs (G) 5-5:55pm	<b>Floor Hockey</b> 9-12yrs 6-6:55pm (G)	<b>Basketball</b> 9-12yrs 6-6:55pm (G)		<b>Teen Night</b> 7-10pm		
<b>Soccer</b> 9-12yrs 6-6:55pm (G)		<b>World Tae Kwon Do</b> 6yrs+ 5:15pm-6:10pm (S) or 6:15pm-7:10pm (S)		<b>Leaders in Training</b> 6:00-8:00pm (MPR 1)		



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# 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

\*See in center for modified schedules

May 20<sup>th</sup> *Victoria Day*

April 19<sup>th</sup> *Good Friday*

SATURDAY PROGRAMMING				
REGISTERED				
Sport and Rec Programming \$10 for members (Basketball, Soccer, and Volleyball)				
10 AM	<b>Basketball 5-7yrs</b> 10-10:55am (G)	<b>Basketball 7-9yrs</b> 10-10:55am (G)		<b>Literacy Learners 1</b> 8-12yrs 9-10:30am (TL)
11 AM	<b>Soccer 7-9yrs</b> 11-11:55am (G)	<b>Basketball 9-12yrs</b> 11-11:55am (G)	<b>Kids in the Kitchen 5-7yrs</b> 11:30pm-12:30pm (K)	<b>Literacy Learners 2</b> 8-12yrs 11-12:30pm (TL)
12 PM	<b>Soccer 5-7yrs</b> 12-12:45pm (G)	<b>Volleyball 9-12yrs</b> 12-12:55pm (G)	<b>Kids in the Kitchen 7-9yrs</b> 11:30pm-12:30pm (K)	
1 PM	<b>Soccer 9-12yrs</b> 1-1:55pm (G)	<b>Soccer 5-7yrs</b> 12-12:45pm (G)	<b>Sports of All Sorts 3-5yrs</b> 1-1:45pm (S)	
2pm	<b>Floor Hockey 5-7yrs</b> 10-10:55am (G)	<b>Floor Hockey 7-9yrs</b> 10-10:55am (G)		



WE BELIEVE THAT EVERY KID  
DESERVES A CHANCE  
TO REACH THEIR POTENTIAL!  
[northernalberta.ymca.ca/donate](http://northernalberta.ymca.ca/donate)



YMCA  
**STRONG  
KIDS**  
CAMPAIGN

## 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.

*Building healthy communities*