

Group Fitness						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 6-6:45am (G)		Max 6-7am (S2)		Synrgy 360 (FR) Yoga (S2) 6-7am	Bootcamp 9-9:45am (G)	Group Power 8:30-9:30am (S2)
Yoga 6-7am (S2)	Cyclefit 6:15-7am (CS)		Cyclefit 6:15-7am (CS)			
Bridge to Cycle 9:30-10am (CS)	Group Power 7-8am (S2)	HIIT 7:15-7:45pm (S2)	Group Power 7-8am (S2)	Yoga Seated 9:45-10:45am (S2)*	Fitness Orientation 10-11am (CC)	Zumba® 9:45-10:45am (S2)
Alberta Cancer Exercise 9:30-10:30am (S2)		Alberta Cancer Exercise 9:30-10:30am (S2)				
	Cardio & Strength 10-11am (S2)		Cardio & Strength 10-11am (S2)		Cyclefit (CS) Step (S2) 10-11am	
Group Power 11-11:50am (S2)	Core 11:15-11:55am (S2)*	Barre Baby & Me (S1) Group Power (S2) 11-11:50am	Core 11:15-11:55am (S2)*	Strollerobics (S1) Group Power 11-11:50am (S2)	TRX 11:30-12:30pm(FR)*	Yoga 11-12:30pm (S2)
NOON HOUR 12:05-12:50pm						
HIIT (G) 12:05-12:35pm Yoga (S2)* Cyclefit (CS)* Synrgy 360 (FR)*	Bootcamp (G) Barre (S1)* Yoga (S2)* Cyclefit (CS)* TRX® (FR)*	Strength - Max (G) Fusion (S1)* Boxing Bootcamp(S2) Cyclefit (CS)*	Step (G) Yoga (S2)* Cyclefit (CS)* Synrgy 360 (FR)*	Bootcamp (G) Zumba® (S1)* Yoga (S2)* Cyclefit (CS)*	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)		Group Power 4:30-5:15pm (S2)	HIIT 4:45-5:15pm (FR)		
Bootcamp 5:30-6:15pm (G)	Cyclefit (CS) Zumba® (S2) 5:30-6:15pm	Yoga 5:15-6:15pm (S2)	Zumba® (S1) Step (S2) 5:30-6:15pm	Yoga 5:15-6:15pm (S2)	<i>New Class/New Time/New Location</i>	
Yoga (S2) Cyclefit (CS) 5:30-6:30pm	Cardio Kickbox 5:30-6:30pm (S1)	Zumba® (S1) TRX Bootcamp (FR)* 5:30-6:15pm	Circuit (FR) 5:30-6:30pm	Bootcamp 5:30-6:15pm (G)	<i>Registration Required</i>	
Kickboxing 5:30-6:30pm (FR)	Yoga (S2)* 6:30-7:30pm	Cyclefit 5:30-6:30pm (CS)*	Yoga 6:30-7:30pm (S2)*	Zumba® 5:30-6:30pm (S1)	<i>Rentals & Special Events are not listed on this schedule. Room schedules are posted outside each of the spaces at our YMCA.</i>	
Zumba® 6:30-7:30pm (S1)	Aikido 6:30-8:30pm (S1)	Cardio Kickbox 6:30-7:30pm (S1)	Moh Pai Kung Fu 7-8:30pm (S1)			

Recreational Sports						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Floor Hockey 7-8am (G)	Badminton 6-8am (G)	Adult Floor Hockey 7-8am (G)	Badminton 6-8am (G)	Adult Floor Hockey 7-8am (G)	Pickleball 7-8:30am (G)	Badminton 7am-1pm (G)
Adult Floor Hockey 7:45-9pm (G)	Basketball 2:30-4:30pm (G)	Pickleball 9:45-10:45am (G)	Basketball 2:30-4:30pm (G)	Bridge to Sport 1:30-2:30pm (G)	Soccer 4-6:45pm (G)	Volleyball 4-6:45pm (G)
	Adult Soccer 7:45-9:45pm (G)			Water Polo Self Directed 5:30-6:30pm (TP)		
OPEN GYM						
5-5:45am 9:45-11:45am 1:10-5:15pm 6:30-7:30pm	5-5:45am 9:45-10:30am 1:10-2:15pm 4:45-7:30pm	5-6:45am 11-11:45am 1:10-4:45pm 8-9:45pm	5-5:45am 9:45-10:30am 12-2:15pm 4:45-7:30pm	5-6:45am 9:45-11:45am 2:45-5pm 6:30-9:45pm	1-3:45pm 7-8:45pm	1:15-3:45pm 7-8:45pm

Aquatic Schedule											
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AQUATIC FITNESS											
Shallow 10:30-11:15am(MP)	Shallow/Deep 10:30-11:15am (MP)	Shallow 10:30-11:15am (MP)	Deep 10:30-11:15am (TP)								
Aqua Baby & Me 11:15-12pm (TP)											
Shallow 6-6:45pm (TP)	Deep 6-6:45pm (TP)							Water Polo Self Directed (TP) 5:30-6:30pm			
								Y-Tri Swim Self Directed 7-9pm (MP)	<i>Registration Required</i>		
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 5-9:30am 12:10-1:10pm	Teach Pool - Deep 5-9:30am 12-12:45pm 4-5:45pm	Teach Pool - Deep 5-9:30am 12-1pm	Teach Pool - Deep 5-9:30am 12-12:45pm 4-6:15pm	Teach Pool - Deep 5-9:30am 12-1pm	Teach Pool - Deep 7-8:45am	Teach Pool - Deep 7-9am					
DROP IN SWIM LESSONS											
Adult 5:30-7:30pm									Parented Lil' Dippers 10:10-10:40am Adult 11:20-12:20pm		
SWIM LESSONS & CLUBS											
									Continuous Swim Lessons (Children) 9am-12:30pm		
							Continuous Swim Lessons (Children) 5:30-7:30pm	Private Lessons 7-7:30pm		YMCA Swim Club 11-1pm Junior Lifeguard Club 1-3pm	
							YMCA Swim Club 6-8pm			Private Lessons 1-2pm	
							Private Lessons 5-7pm			Adapted Swimming Lessons 2-4pm	
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.											
5-10:15am 10:15-11:30am 11:30-5:45pm 5:45-7:30pm 7:30-9:45pm	# 5 2 5 3 5	5-10:15am 10:15-11:30am 11:30-9:45pm	# 5 2 5	5-10:15am 10:15-11:30am 11:30-5:00pm 5-8:00pm 8-9:45pm	# 5 2 5 2 5	5-7pm 7pm-7:30pm 7:30-9:45pm	# 5 4 5	5-7pm 7-9pm 9-9:45pm	# 5 3 5	7-8:45am 8:45-3pm 3-5pm 5-8:45pm	# 5 1 3 5
<i>At least one lane is always available for member lane swim, including during YMCA Swim Lesson times. Rentals & Special Events are not listed on this schedule, look for postings for these changes.</i>											
FAMILY SWIM TEACH POOL - Shallow											
3-5:30pm 7:30-9:45pm	3-4pm 7-9:45pm	3-5:15pm 7:45-9:45pm	3-4pm 6:15-9:45pm	3-5:30pm 7:30-9:45pm	4-8:45pm	9am-8:45pm					
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	4-8:45pm	8am-8:45pm					



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DON WHEATON FAMILY YMCA

HEALTH, FITNESS & AQUATICS SCHEDULE

Preschool, Child & Youth						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DROP IN						
Childminding for 0-12 years						
Childminding offers parents the chance to utilize YMCA programming of their own while their children enjoy a safe, interactive and fun environment.						
5-8pm (CM)		5-8pm (CM)	10:15-1:15pm (CM)		9am-12pm (CM)	
"INDOOR PLAYSACE" drop-in for 0-6 years *Parented						
					9am-2pm (S1)	
REGISTERED						
		Sportball 2-3.5yrs (Parented) 5-5:45pm (G)			See below for Saturday programs!	
		Sportball 3.5-5yrs 5:45-6:45pm (G)				
<i>Registration Required</i>		Sportball 5-7yrs 6:45-7:45pm (G)		Night at the Y 6-9yrs 6:30-9pm (CM) 1 st Friday of the Month		

SATURDAY PROGRAMMING	
9 AM	YMCA Play Care (Childminding) 0-12yrs 9am-12pm (CM)
10 AM	Basketball 5-7yrs 10-10:45pm (G)
11 AM	Basketball 7-9yrs 11-11:45pm (G)
12 PM	Basketball 9-12yrs 12-12:45pm (G)

YMCA Sport & Recreation Programs – ages 5-12
Only \$10 for members (Basketball)

Getting is Good

Giving is Better

Be a donor.
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ROOM & PROGRAM LOCATIONS

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

Spring Session
March 4th – June 23rd, 2019

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

Hours of Operation

Monday to Friday: **5:00am-10:00pm**
Weekends: **7:00am-9:00pm**

*Aquatic Facilities close 15 minutes before the Centre closes

Statutory Holiday 7:00am- 7:00pm

Friday April 19th Good Friday
Sunday April 21st Easter
Monday May 20th Victoria Day

Childminding

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 in advance of your visit to book.

Included for children members, \$7/visit for non-members

Building healthy communities