

Group Fitness						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
TRX 8:15-9:15am (S)	Cyclefit Bootcamp 9:15-10:15am (S)	Cyclefit 5:45-6:30am (S)	Strength 9:15-10:15am (G)	Cardio Kickboxing 9:15-10:15am (G)	Yoga 8-9am (S3)	Cyclefit 8:45-9:45am (S)
Bootcamp 9:15-10:15am (G)	Step 10:30-11:30am (G)	TRX 8:15-9:15am (S)	Baby and Me Fitness 10:30-11:30am (G)	Yoga 10:30-11:30am (S3)	Cyclefit 9:15-10:15am (S)	Yoga 9:30am-11am (S3)
Cardio & Strength 10:30-11:30am (G)	Tai Chi 10:30-11:30am (S)	Stretch & Mobility 9:15-10am (S3)	Tai Chi 10:30-11:30am (S)		Zumba® 10-11am (S3)	Cardio Dance 10:30-11:15am (S)
Baby and Me Tummy Time 10:30-11:15am (S3)	Cardio & Strength Lvl 1 12-1pm (G)	Cyclefit 10-11am (S)	Cardio & Strength Lvl 1 12-1pm (G)	Cardio Dance 12-12:45pm (S)	Synrgy 360 10:30-11:30am (FC)	Yoga 11:30am-12:30pm (S3)
Yoga 11:30am-12:30pm (S3)	Bridge to Wellness 1:15-2:15pm (S)	Fusion 10:30am-11:30am (S3)	Bridge to Wellness 1:15-2:15pm (S)			
	Alberta Cancer Exercise 2:45-3:45pm (S)	Yoga Lvl 1 11:45am-12:45pm (S3)	Alberta Cancer Exercise 2:45-3:45pm (S)			
Yoga 5-6pm (S3)	Women's Only Cardio Dance 5-5:45pm (S3)		Cyclefit 5-5:45pm (S)			
Women's Only Zumba® 6:15-7:15pm (S3)	Yoga for Back Health 6-7pm (S3)	Synrgy 360 6:30-7:15pm (FC)	TRX 6-6:45pm (S)			
Barre 7:30-8:30pm (S3)	Cyclefit 6-7pm (S)	Zumba® 7:15-8:15pm (G)	Zumba® 6:15-7:15pm (S3)	Synrgy 360 6:30-7:15pm (FC)		
	Strength 7:15-8:15pm (S)		Aikido 7-8:30pm (S)			
Zumba® 7:15-8:15pm (G)	Yoga 8-9pm (S3)	Yoga 8-9pm (S3)	Strong by Zumba® 7:15-8:15pm (G)		Registered Program	

Recreational Sports						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
Badminton 7-9am (G)	Pickleball 1:15-2:15pm (G)	Badminton 8am-12pm (G)		Badminton 7-9am (G)	Badminton 7-9am (G)	Badminton 9am-12pm (G)
Pickleball 1:15-2:15pm (G)	Adult Volleyball 8-10:15pm (G)	Pickleball 1:15-2:15pm (G)	Pickleball 1:15-2:15pm (G)	Pickleball 1:15-2:15pm (G)		Adult Volleyball 2-5pm (G)

Open Gym						
5:30-6:45am 11:45am-1pm 2:30-3:45pm 8:30-10:15pm	5:30-10:15am 2:30-3:50pm 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 <b>Teen Night</b> 7-10pm	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 | (FC) Fitness 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													
Mon	Tues	Wed	Thu	Fri	Sat	Sun							
AQUATIC FITNESS													
Deep 9-10am (MP)		Deep 9-10am (MP)		Deep 9-10am (MP)		Deep 10-11am (MP)							
Shallow 10:15-11am (MP)	Baby & Me Aqua 10:30-11:15am (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 11:30am-12pm (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		Continuous Swim Lessons (Children) 10am-3:15pm	Bronze Club 1-3pm (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 <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	5:30-10:15am	# 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	10:15-11:30am	# 1	8:45-11:15am	# 1	9am-4:50pm	# 3	8:45-11am	# 1	9:50am-3:30pm	# 1	9:45-11am	# 1
11:15am-4:50pm	# 2	11:30am-4:50pm	# 2	11:15am-4:50pm	# 2	4:50-8:30pm	# 1	11am-4:20pm	# 2	3:30-8:45pm	# 2	11am-8:45pm	# 3
4:50-8:15pm	# 1	4:50-8:45pm	# 1	4:50-8:15pm	# 1	8:30-10:15pm	# 2	4:20-8:45pm	# 1				
8:15-10:15pm	# 2	8:50-10:15pm	# 2	8:15-10:15pm	# 2			8:45-10:15pm	# 2				
At least <b>one lane is always available</b> for member lane swim, including during YMCA Swim Lesson times.													
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	7-9:50am 3:30-8:45pm	7-10am 1-8:45pm							
MEMBER FAMILY SWIM   MAIN POOL													
5:30-9am 11am-4:45pm 8-10:15pm	5:30-10:30am 11:15am-4:50pm 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	7-10am 11am-8:45pm							
MEMBER & PUBLIC SWIM													
Community League Swim available Saturdays from 5pm-8:45pm.													
8-10:15pm	8:30-10:15pm	8-10:15pm	8:30-10:15pm	7:30-10:15pm	5-8:45pm	5-8:45pm							



[northernalberta.ymca.ca](http://northernalberta.ymca.ca)

# CASTLE DOWNS FAMILY YMCA

**HEALTH, FITNESS & AQUATICS SCHEDULE**

Sports & Recreation Registered Programs						
Member Fee (\$10/session)		6wks-5yrs Parent Participation*	3-5yrs Parent Participation*	5-7yrs	7-9yrs	9-12yrs
Basketball	Wed			4-4:55pm	5-5:55pm	6-6:55pm
	Sat			10-10:55am	10-10:55am	11-11:55am
Soccer	Mon			4-4:55pm	5-5:55pm	6-6:55pm
	Sat			12-12:55pm 1-1:55pm	11-11:55am	1-1:55pm
Volleyball	Thu				4-4:55pm	5-5:55pm
	Sat					12-12:55pm
Floor Hockey	Tues			4-4:55pm	5-5:55pm	6-6:55pm
	Sat			2-2:55pm	2-2:55pm	
Gym & Swim	Mon (1-3yrs)	9-10:15am*				
	Thu		9-10:15am*			
Y Play (6wks - 5yrs)	Fri	1-2:30pm*				
Pre-Sport	Sun	10-10:45am*	11-11:45am			
Creative Movement	Wed		4-4:45pm	5-5:45pm		

Fall Session  
**Sept 9 – Dec 22, 2019**

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

Childminding 0-5 yrs.	Mon	Tues	Wed	Thu	Fri	Sat	Sun
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! Call 780 377-3717 for more information. Included for members, \$7/Visit for non-members. Parents must remain in the centre while children are in care. Max of 90 min/visit	8am-1pm 5-8:30pm	9am-1pm 5-8:30pm	8am-1pm 5-8:30pm	9am-1pm 5-8:30pm	9:00am-1pm	9am-12pm	
	<b>Kids Club drop-in 6-12 yrs.</b>	5-8:30pm					9am-12pm

## 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 centre for modified schedules

October 14    Thanksgiving Day  
November 11    Remembrance Day



*Building healthy communities*