

Group Fitness						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
Yoga 6-7am (S2)		Lift 6-7am (S2)		Synrgy 360 (FR) Yoga (S2) 6-7am		
	Cyclefit 6:15-7am (CS)		Cyclefit 6:15-7am (CS)		Fitness Orientation 9-10am (FC)	
Alberta Cancer Exercise 9:30-10:30am (S2)	Lift 7-8am (S2)	Alberta Cancer Exercise 9:30-10:30am (S2)	Lift 7-8am (S2)	Yoga Seated 9:45-10:45am (S2)	Bootcamp 9-9:45am (G)	Lift 8:30-9:30am (S2)
	Cardio & Strength 10-11pm (S2)		Cardio & Strength 10-11pm (S2)		Cyclefit (CS) Step (S2) 10-11am	Zumba® 9:45-10:45am (S2)
Lift 11-11:50am (G)	Core 11:15-11:50am (S2)	Lift 11-11:50am (G)	Core 11:15-11:50am (S2)	Lift 11-11:50am (G)	TRX 11:45-12:45pm (FR)	Yoga 12-1:30pm (S2)
NOON HOUR 12:05-12:50pm						
HIIT 12:05- 12:35pm(G) Cyclefit (CS)* Cardio Dance (S1)* Yoga (S2)*	Bootcamp (G) Cyclefit (CS)* Barre (S1) Yoga (S2)* TRX® (FR)*	Max (G) Cyclefit (CS)* Fusion (S1)* Boxing Bootcamp (S2)*	Step (G) Cyclefit (CS)* Yoga (S2)* Synrgy 360 (FR)*	Bootcamp (G) Cyclefit (CS)* Cardio Dance (S1)* Yoga (S2)*		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)	Yoga 5:15-6:15pm (S2)	LIFT 4:30-5:15pm (S2)			
Bootcamp 5:30-6:15pm (G)	Cyclefit (CS) 5:30-6:15pm	TRX Bootcamp 5:30-6:15pm(FR)*	Step 5:30-6:15pm (S2)	Yoga (S2) 5:15-6:15pm	New Class/New Time	
Yoga 5:30-6:30pm(S2)	Cardio Kickbox 5:30-6:30pm (S1)	Zumba® 5:30-6:15pm(S1)	Circuit 5:30-6:30pm (FR)		Registration Required	
Zumba® 6:30-7:30pm (S1)	Yoga 6:30-7:30pm (S2)	Pound®** 6:30-7:15pm (S1)	Yoga 6:30-7:30pm (S2)		Rentals & Special Events are not listed on this schedule. Room schedules are posted outside each of the spaces at our YMCA.	
	Aikido 6:30-8:30pm (S1)	Alberta Cancer Exercise 6:30-7:30pm (S2)	Moh Pai Kung Fu 7-8:30pm (S1)			

Recreational Sports						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
Adult Floor Hockey 5:45-7:45am (G)	Pickleball 5:45-7:45am (G)	Adult Floor Hockey 5:45-7:45am (G)	Badminton 5:45-7:45am (G)	Adult Floor Hockey 5:45-7:45am (G)	Pickleball 7-8:30am (G)	Badminton 7am-1pm (G)
	Basketball 1-3pm (G)	Pickleball 9:45-10:45am (G)	Basketball 1-5pm (G)	Bridge to Sport 1:30-2:30pm (G)	Soccer 4-6:45pm (G)	Volleyball 4-6:45pm (G)
Adult Floor Hockey 7:45-9pm (G)	Adult Soccer 7:45-9:45pm (G)					

ROOM & PROGRAM LOCATIONS

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

Aquatic Schedule						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
AQUATIC FITNESS						
Shallow 10:30-11:15am (MP)	Aqua Baby & Me 10:30-11:15am (TP)	Shallow 10:30-11:15am (MP)	Deep 10:30-11:15am (TP)			
Shallow 6-6:45pm (MP)	Deep 5:30-6:15pm (TP)			Water Polo Self Directed 5:30-6:30pm (TP)		
				Y-Tri Swim Self Directed 7-9pm (MP)	Registration Required	
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 5am-3pm 5pm-7:30pm	Teach Pool - Deep 5-10:15am 11:15-3pm 4-6:30pm	Teach Pool - Deep 5am-3pm 5:15-7:45pm	Teach Pool - Deep 5-10:15am 11:15-3pm 4-6:30pm	Teach Pool - Deep 5-3pm 6:30-7:30pm	Teach Pool - Deep 7-8:45am	Teach Pool - Deep 7-9am
DROP IN SWIM LESSONS						
Adult 5:30-8pm					Parented Lil' Dippers 10:10-10:40am	
SWIM LESSONS & CLUBS						
		Continuous Swim Lessons (Children) 5:30-7:45pm			Continuous Swim Lessons (Children) 9am-12:30pm	
			Private Lessons 7-9pm		YMCA Swim Club 11am-12:30pm Junior Lifeguard Club 1-3pm	Private Lessons 11am-1pm
		YMCA Swim Club 6-8pm			Private Lessons 12-2pm	
		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 11:30am-5:30pm 5:30-8pm 8-9:45pm	# 5 2 5 4 5	5-9:45pm # 5	5-10:15am 10:15-11:30am 11:30am-5:15pm 5-8:00pm 8-9:45pm	# 5 2 5	5am-7pm 7-7:30pm 7:30-9:45pm	# 5 4 5
					5am-7pm 7-9pm 9-9:45pm	# 5 3 5
					7-8:45am 8:45-1pm 1-5pm 5-8:45pm	# 5 2 1 5
					7-9am 9-5pm 5-8:45pm	# 5 3 5
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.						
FAMILY SWIM TEACH POOL - Shallow						
3-5pm 7:30-9:45pm	3-4pm 6:30-9:45pm	3-5:15pm 7:45-9:45pm	3-4pm 6:30-9:45pm	3-5:30pm 7:30-9:45pm	12:30-1:45pm 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	7:45-9:45pm	7:30-9:45pm	7-9:45pm	4-8:45pm	8am-8:45pm

Open Gym						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
5-5:30am 8-11:45am 1:15-5:15pm 6:30-7:30pm 9:15-9:45pm	5-5:30am 9:45-10:30am 3:15-4:15pm 5:30 – 7:30pm	5-5:30am 11-11:45am 2:15-4:45pm 8-9:45pm	5-5:30am 9:45-10:30am 6:45-9:45pm	5-5:30am 9:45-11:45am 2:45-5:15pm 8:30- 9:45pm	1-3:45pm 7-8:45pm	1:15-3:45pm 7-8:45pm

Sports & Recreation Registered Programs				
Member Fee (\$10/session)	5-7yrs	7-9yrs	9-12 yrs	
Basketball	Saturday	10-10:55am	11-11:55am	12-12:55pm

Childminding 0-12 yrs	(There will be no childminding on statutory holidays)		
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 to Book. Included for children members \$7/Visit for non-members	Mon	Wed	Sat
		5-8pm	



northernalberta.ymca.ca

Don Wheaton FAMILY YMCA

HEALTH, FITNESS & AQUATICS SCHEDULE

Fall Session
Sept 9 – Dec 22, 2019

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

Hours of Operation

Monday to Friday: **5am-10pm**

Weekends: **7am-9pm**

Holidays: **7am-7pm**

*Aquatic Facilities close 15 minutes before the Centre closes

Statutory Holidays

October 14 Thanksgiving

November 11 Remembrance Day



Building healthy communities