

Group Fitness						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Bootcamp</b> 9:15-10:15am (G)	<b>Cycle Bootcamp</b> 9:15-10:15am (S)	<b>TRX</b> 8:50-9:50am (S)	<b>HIIT</b> 9:15-10:15am (G)	<b>Bootcamp</b> 9:15-10:15am (S)	<b>Yoga</b> 8-9am (S3)	<b>Cyclefit</b> 8:45-9:45am (S)
<b>Cardio Dance</b> 10:30-11:30am (S)	<b>Tai Chi</b> 10:30-11:30am (S)	<b>Cyclefit</b> 10:00-11:00am (S)	<b>Tai Chi</b> 10:30-11:30am (S)	<b>Yoga</b> 10:30-11:30am (S3)	<b>Cyclefit</b> 9:15-10:15am (S)	<b>Yoga</b> 10am-11:00am (S3)
<b>Yoga</b> 11:30am-12:30pm (S3)	<b>Cardio Strength</b> 10:30-11:30am (S3)	<b>Fusion</b> 10:30am-11:30am (S3)			<b>Zumba®</b> 10-11am (S3)	
	<b>Cardio &amp; Strength Lvl 1</b> 12-1pm (G)	<b>Yoga</b> 11:45-12:45pm (S3)	<b>Cardio &amp; Strength Lvl 1</b> 12-1pm (G)	<b>Cardio Dance</b> 12-12:45pm (S)	<b>Synergy 360</b> 10:30-11:30am (WOC)	
	<b>Bridge to Wellness</b> 1:15-2:15pm (S)		<b>Bridge to Wellness</b> 1:15-2:15pm (S)			
<b>Yoga</b> 5:00pm-6:00pm(S3)	<b>Cyclefit</b> 6:00-7:00pm (S)	<b>Women's Only Cardio &amp; Strength</b> 6:15-7:15pm (S3)	<b>Aikido</b> 6:30-8pm (S)			
<b>Synrgy 360</b> 6:30-7:15pm (WOC)	<b>Yoga for Back Health</b> 6:00-7:00pm (S3)	<b>Synrgy 360</b> 6:30-7:15pm (WOC)		<b>Synrgy 360</b> 6:30-7:15pm (WOC)		
<b>Zumba®</b> 7:15-8:15pm (G)	<b>Bootcamp</b> 7:15-8:00pm (S)	<b>Zumba®</b> 7:15-8:15pm (G)	<b>Zumba®</b> 6:00-7:00pm (S3)			
		<b>Yoga</b> 8:00-9:00pm (S3)	<b>Strong by Zumba®</b> 7:15-8:15pm (S3)		<i>Registered Program</i>	

Recreational Sports						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Badminton</b> 9am-10:30am (G)	<b>Badminton</b> 9am-10:30am (G)		<b>Badminton</b> 9am-10:30am (G)	<b>Badminton</b> 7am-10am (G)	<b>Badminton</b> 7am-11am (G)
	<b>Badminton</b> 10:30am-11:45am (1/2 G)	<b>Badminton</b> 10:30am-11:45am (1/2 G)		<b>Badminton</b> 10:30am-11:45am (1/2 G)	<b>Pickleball</b> 10:15am-12pm (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>Pickleball</b> 1:15-2:15pm (G)			
	<b>Adult Volleyball</b> 8:00-10:15pm (G)					<b>Adult Volleyball</b> 2:00-5:00pm (G)
<b>OPEN GYM</b>						
5:45-7am 12-1pm 2:30-3:45pm 5:45-7pm 8:30-10:15pm	5:45-7am 2:30-3:45pm	5:45-7am 12-1pm 2:30-3:45pm 8:30-10:15pm	5:45-7am 2:30-3:45pm 7:45-10:15pm	5:45-7am 12-1pm 5:45-6:45pm	12:15-8:45pm	11am-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>Shallow</b> 9-9:45am (MP)		<b>Deep</b> 9-9:45am (MP)		<b>Shallow</b> 9-9:45am (MP)		<b>Deep</b> 10-11am (MP)							
<b>DROP IN SWIM LESSONS</b>													
	<b>Parented Lil' Dippers</b> 5:35-6:05pm (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>Adult</b> 12-1pm (MP)			<b>Teen</b> 12:55-1:55pm (MP)								
<b>Adult</b> 6:45-7:45pm (MP)		<b>Teen</b> 6:45-7:45pm (MP)				<b>Adult</b> 12-1pm (MP)							
<b>SWIM LESSONS &amp; CLUBS</b>													
<b>Summer Lessons</b> (Children) 10am-12pm	<b>Summer Lessons</b> (Children) 10am-12pm	<b>Summer Lessons</b> (Children) 10am-12pm	<b>Summer Lessons</b> (Children) 10am-12pm										
<b>Continuous Lessons</b> (Children) 5-8pm	<b>Continuous Lessons</b> (Children) 5-8:30pm	<b>Continuous Lessons</b> (Children) 5-8pm	<b>Continuous Lessons</b> (Children) 5-8pm	<b>Continuous Lessons</b> (Children) 4:30-7:30pm	<b>Continuous Lessons</b> (Children) 10am-3:15pm								
<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- 10am	# 1	9am- 4:45pm	# 3	8:45- 10am	# 1	9am- 4:45pm	# 3	8:45- 10am	# 1	9:50- 3:30pm	# 1	9:45-11am	# 1
10am- 4:45pm	# 2	4:45- 8:45pm	# 1	10am- 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>													
5:30- 9:45am	5:30- 9:45am	5:30- 8:45am	5:30- 9:45am	5:30- 9:45am	5:30- 9:45am	5:30- 9:45am	5:30- 9:45am	5:30- 9:45am	5:30- 9:45am	7-9:50am	7am-8:45pm		
12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-4:45pm	12:15-4:45pm	3:30-8:45pm			
3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	7:30-10:15pm	7:30-10:15pm				
8-10:15pm	8-10:15pm	8-10:15pm	8-10:15pm	8-10:15pm	8-10:15pm	8-10:15pm	8-10:15pm						
<b>MEMBER FAMILY SWIM   MAIN POOL</b>													
5:30- 8:45am	5:30- 9:45am	5:30- 8:45am	5:30- 9:45am	5:30- 8:45am	5:30- 9:45am	5:30- 8:45am	5:30- 9:45am	5:30- 8:45am	5:30- 8:45am	7-9:50am	7-9:45am		
12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	12:15-1:15pm	3:30-8:45pm	1:15-8:45pm		
3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm	7:45-10:15pm	7:45-10:15pm				
8:15-10:15pm	8:45-10:15pm	8:15-10:15pm	8:45-10:15pm	8:15-10:15pm	8:45-10:15pm	8:15-10:15pm	8:45-10:15pm						
<b>MEMBER &amp; PUBLIC SWIM</b> <span style="float: right;"><i>Community League Swim available Saturdays from 5pm-8:45pm.</i></span>													
8pm-10:15pm	8:30pm-10:15pm	8pm-10:15pm	8pm- 10:15pm	8pm-10:15pm	8pm-10:15pm	8pm-10:15pm	8pm-10:15pm	7:30pm-10:15pm	7:30pm-10:15pm	5pm-8:45pm	5pm-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>						
9am-1pm 6pm-8:30pm	9am-1pm 6pm-8:30pm	9am-1pm 6pm-8:30pm	9am-1pm 6pm-8:30pm	9am-1pm	9am-12pm	Closed
<b>EVENING PROGRAMS</b>						
				<b>Teen Night</b> 7-10pm		

Two Week & One Month SUMMER - Registered Programs				
Sport and Rec Programming \$10 for members (Basketball & Soccer)				
<b>July 2-12</b> (Tuesday – Friday)	<b>Soccer</b> 5-7yrs 10:45 – 11:40am	<b>Basketball</b> 7-9yrs 10:45 – 11:40am	<b>Soccer</b> 9-12yrs 10:45 – 11:40am	<b>Camp Weeks:</b> 1 (Jul 2-5) 2 (Jul 8-12) 3 (Jul 15-19) 4 (Jul 22-26) 5 (Jul 29-Aug 2) 6 (Aug 6-9) 7 (Aug 12-16) 8 (Aug 19-23) 9 (Aug 26-30)
<b>July 16-26</b> (Tuesday – Friday)	<b>Soccer</b> 5-7yrs 10:45 – 11:40am	<b>Basketball</b> 7-9yrs 10:45 – 11:40am	<b>Soccer</b> 9-12yrs 10:45 – 11:40am	
<b>July 30-Aug 9</b> (Tuesday – Friday)	<b>Soccer</b> 5-7yrs 10:45 – 11:40am	<b>Basketball</b> 7-9yrs 10:45 – 11:40am	<b>Soccer</b> 9-12yrs 10:45 – 11:40am	
<b>Aug 13-23</b> (Tuesday – Friday)	<b>Soccer</b> 5-7yrs 10:45 – 11:40am	<b>Basketball</b> 7-9yrs 10:45 – 11:40am	<b>Soccer</b> 9-12yrs 10:45 – 11:40am	
<b>July 2 – July 25</b> (Tuesday & Thursday)	<b>Soccer</b> 7-9yrs 5:35-6:30pm			
<b>July 30 – Aug 22</b> (Tuesday & Thursday)	<b>Soccer</b> 7-9yrs 5:35-6:30pm	<b>Basketball</b> 7-9yrs 6:35-7:30pm	<b>Basketball</b> 9-12yrs 6:35-7:30pm	



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# CASTLE DOWNS FAMILY YMCA

HEALTH, FITNESS & AQUATICS SCHEDULE

Summer Session  
**July 2 – Aug 31, 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

Aug 5<sup>th</sup> Civic Holiday

#### 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.

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Giving is Better

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Building healthy communities