

Group Fitness						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 6-7am (S2)		Group Power 6-7am (S2)		Synrgy 360(FR) Yoga(S2) 6-7am		
	Cyclefit 6:15-7am (CS)		Cyclefit 6:15-7am (CS)			Group Power 8:30-9:45am (S2)
	Group Power 7-8am (S2)		Group Power 7-8am (S2)		Fitness Orientation 10-11am (CC)	
	Cardio & Strength 10-11am (S2)		Cardio & Strength 10-11am (S2)	Yoga Seated 9:45-10:45am (S2)	Step 10-11am (S2)	
Group Power 11-11:50am (S2)	Core 11:15-11:50am (S2)	Group Power 11-11:50am (S2)	Core 11:15-11:50am (S2)	Group Power 11-11:50am (S2)		Yoga 11-12:30pm (S2)
NOON HOUR 12:05 – 12:50PM						
HIIT 12:05-12:35pm (G) Cyclefit (CS)* Yoga (S2)* Synrgy 360(FR)*	Bootcamp (G) Cyclefit (CS)* Barre (S1)* Yoga (S2)* TRX (FR)*	Group Power (G) Cyclefit (CS)* Fusion (S1)* Boxing Bootcamp (S2)*	Step (G) Cyclefit (CS)* Yoga (S2)*	Bootcamp (G) Cyclefit (CS)* Zumba® (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 (S2) 5:15-6:15pm	Group Power 4:30-5:15pm (S2)	HIIT 4:45-5:15pm (FR)		
Bootcamp 5:30-6:15pm (G)	Cardio Kickbox (S1) 5:30-6:30pm	TRX Bootcamp (FR) 5:30-6:15pm	Step 5:30-6:15pm (S2)	Yoga 5:15-6:15pm (S2)	Registered Program	
Yoga 5:30-6:30pm (S2)	Yoga (S2) 6:30-7:30pm (S2)	Zumba® 5:30-6:30pm (S1)			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)		Yoga 6:30-7:30pm (S2)			

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 | (CC) Conditioning Centre | (CM) Childminding

Aquatic Schedule													
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
AQUATIC FITNESS													
Shallow 10:30-11:15am (MP)	Aqua Baby & Me 10-10:45am (TP)	Shallow 10:30-11:15am (MP)											
	Deep 5:30-6:15pm (TP)			Water Polo Self Directed 5:30-6:30pm (TP)									
				Y-Tri Swim Self Directed 7-9pm (MP)									
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 is adhering to lane swim etiquette.													
Teach Pool - Deep 5-9:30am 12-1pm	Teach Pool - Deep 5-9:30am 12-12:45pm 4-5:15pm	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 Drop In 10:10-10:40am	Registered Program							
SWIM LESSONS & CLUBS													
		Continuous Swim Lessons (Children) 5:30-7:30pm	Private Lessons 7-9pm		Continuous Swim Lessons (Children) 9am-12:30pm	Private Lessons 11-1pm							
		Private Lessons 5-7pm			Private Lessons 12-2pm								
					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.													
5am-9am 9am-11:30am 11:30am-12pm 12pm-1:30pm 1:30pm-3:30pm 3:30pm-5:30pm 5:30pm-7:30pm 7:30pm-9:45pm	# 5 2 3 5 3 5 4 5	5am-9am 9am-12pm 12pm-1:30pm 1:30pm-3:30pm	# 5 3 3 5	5am-9am 9am-11:30am 11:30am-12pm 12pm-1:30pm 1:30pm-3:30pm 3:30pm-5:30pm 5:30pm-7:30pm 7:30pm-9:45pm	# 5 2 3 5 3 5 3 5	5am-9am 9am-12pm 12pm-1:30pm 1:30-3:30pm 3:30pm-9:45pm	# 5 3 5 3 5	5am-9am 9am-12pm 12pm-1:30pm 1:30-3:30pm 3:30-9:45pm	# 5 3 5 3 5	7am-8:45am 8:45am-3pm 3pm-5pm 5pm-8:45pm	# 5 1 3 5	7am-9am 9am-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.													
MEMBER FAMILY SWIM TEACH POOL													
3-5:30pm 7:30-9:45pm	6:30-9:45pm	3-5:15pm 7:45-9:45pm	6:15-9:45pm	3-5:30pm 7:30-9:45pm	4-8:45pm	9am-8:45pm							
MEMBER & PUBLIC SWIM													
7:30-9:45pm	7-9:45pm	7:30-9:45pm	7:30-9:45pm	7-9:45pm	4-8:45pm	8am-8:45pm							

Preschool, Child & Youth						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Childminding for 0-12 years						
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						
5-8pm (CM)		5-8pm (CM)			9am-12pm (CM)	
Indoor Playground will not be offered July & August due to Summer Day Camps, it will return in September.						
Registered						
Ask about our YMCA SUMMER DAY Camps						
Camp Weeks: 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)						

Recreational Sports						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Floor Hockey 5:45-6:45am (G)	Badminton 5:45-6:45am (G)	Adult Floor Hockey 5:45-6:45am (G)	Badminton 5:45-6:45am (G)	Adult Floor Hockey 5:45-6:45am (G)	Pickleball 7-9am (G)	Badminton 7am-1pm (G)
Adult Floor Hockey 6:30-8pm (G)	Adult Soccer 7:45-9:45pm (G)			Bridge to Sport 1:30-2:30pm (G)		Volleyball 4-6:45pm (G)
OPEN GYM						
5-5:45am 11-11:45am 8:15-9:45pm	5-5:45am 11-11:45am 5:45-7:30pm	5-5:45am 11-11:45am 5:45-9:45pm	5-5:45am 11-11:45am 5:45-9:45pm	5-5:45am 11-11:45am 5:45-9:45pm	9:15am-8:45pm	1:15-3:45pm 7-8:45pm
<small>Schedule subject to change; access to open gym between 11-11:45am is weather dependent and may be reserved for YMCA Summer Day Camps.</small>						



northernalberta.ymca.ca

Don Wheaton FAMILY YMCA

HEALTH, FITNESS & AQUATICS SCHEDULE

Summer Session
July 1 – August 25, 2019

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

Hours of Operation

Monday to Friday: **5:00am-10:00pm**

Weekends: **7am-9pm**

Holidays: **7am-7pm**

*Aquatic Facilities close 15 minutes before the Centre closes

Statutory Holidays

July 1st Canada Day
 August 5th Heritage Day



Building healthy communities