

Group Fitness						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cyclefit 5:45-6:30am	Circuit Training 5:45-6:45am (G)	Cyclefit 5:45-6:30am		Yoga 8-9am (MPR)	Yoga 8-9am (MPR)
Core 8:15-8:45am (G)		Core 8:15-8:45am (G)		Core 8:15-8:45am (G)	TRX 8:15-8:45am (G)	
Strength - Total Body 9-9:55am (G)	Step & Strength 9-9:55am (G)	Group Power 9-9:55am (G)	Cardio Kickbox 9-9:55am (G)	Strength - Total Body 9-9:55am (G)	Step & Strength 9-9:55am (G)	
Synrgy 360 Circuit 9-10am (WOC)	Synrgy 360 Circuit 9-10am (WOC)	Synrgy 360 Circuit 9-10am (WOC)	Synrgy 360 Circuit 9-9:45am (WOC)	Synrgy 360 Circuit 9-10am (WOC)	Cyclefit 9-10am	
	Barre 9-9:45am (MPR)		Barre 9-9:45am (MPR)			
Cyclefit 9:30-10:30am		Cyclefit 9:30-10:30am	Cyclefit 9:45-10:30am	Cyclefit 9:30-10:30am		
Break Through 9:45-10:45am (MPR)	Yoga - Seated 10-11am (MPR)	Baby & Me Bootcamp 10-10:45am (MPR)	Yoga 10-11am (MPR)	Baby & Me Barre 10-10:45am (MPR)	Group Power 10:05-11am (G)	Barre 10-10:45am (MPR)
Strong by Zumba® 10:05-11am (G)	Group Power 10:05-11am (G)	Zumba® 10:05-11am (G)	Strength - Total Body 10:05-11am (G)	Zumba® 10:05-11am (G)		
Yoga 11-12pm (MPR)	Cardio & Strength L1 11:10-12:05pm (G)	Yoga 11-12pm (MPR)	Cardio & Strength L1 11:10-12:05pm (G)	Yoga - Seated 11-12pm (MPR)	Zumba® 11:10-12:05pm (G)	Yoga 11-12pm (MPR)
	Bridge to Wellness 11:30-12:30pm (MPR)	Alberta Cancer Exercise L2 12:30-1:30pm (WOC)	Bridge to Wellness 11:30-12:30pm (MPR)			
Alberta Cancer Exercise 1:30-2:30pm (MPR/WOC)	Tai Chi 12:30-1:30pm (MPR)	Alberta Cancer Exercise 1:30-2:30pm (MPR/WOC)				
Tae Kwon Do 4:30-5:30pm (MPR)		Tae Kwon Do 4:30-5:30pm (MPR)				
HIIT 5:30-6pm (WOC)		HIIT 5:30-6pm (WOC)		HIIT 5:30-6pm (WOC)		
Yoga 6-7pm (MPR)		Barre 6-6:45pm (MPR)	Barre 6-6:45pm (MPR)			
Strength - Total Body 6:15-7:10pm (G)	High Fitness 6:15-7:10pm (G)	Bootcamp 6:15-7:10pm (½G)	Zumba® 6:15-7:10pm (G)	Step & Strength 6-6:55pm (MPR)		
Cyclefit 6:15-7:15pm		Cyclefit 6:15-7:15pm			All YOGA, CYCLEFIT & SYNRGY 360 classes require a sign-up tag due to popular demand; tags are made available 15 minutes prior to the start of class at the Membership desk.	
Yoga 7-8:30pm (MPR)	Boxing 7-8:15pm (MPR)	Yoga 7-8pm (MPR)	Yoga 7-8pm (MPR)			
Zumba® 7:20-8:20pm (G)	Group Power 7:20-8:20pm (G)	Zumba® 7:20-8:20pm (G)	Group Power 7:20-8:20pm (G)			
	Tai Chi 8:30-9:30pm (MPR)				Registration Required	

Recreational Sports						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball 1-3pm (G)	Adult Volleyball 8:30-10:15pm (G)		Pickleball 1-3pm (G) Adult Floor Hockey 8:30-10:15pm (G)			Badminton/Pickleball 7am-4pm (G) <small>Advanced Booking starts every Thursday</small>
OPEN GYM						
5:30-8am 11-12:45pm 3:15-4pm 8:30-10:15pm	5:30-8:45am 12:15-2:30pm 2:30-4pm ½	7-8am 11-2:30pm 2:30-4pm ½ 8:30-10:15pm	5:30-8:45am 12:15-12:45pm 3:15-4pm	5:30-8am 11-2:30pm 2:30-4pm ½ 4-5pm	7-8am 4:30-8:45pm	4:15-8:45pm

Aquatic Schedule						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATIC FITNESS						
Shallow 8-8:45am (MP)		Shallow 8-8:45am (MP)		Shallow 8-8:45am (MP)	Triathlon Swim 7:30-8:15am	
Deep 9-9:45am (MP)	Shallow/Deep 9-9:45am (MP)	Deep 9-9:45am (MP)	Shallow/Deep 9-9:45am (MP)	Deep 9-9:45am (MP)	Shallow/Deep 8:15-9am (MP)	
Baby & Me Aqua 10-10:45am (MP/TP)		Warm Water 11-11:45am (TP)				
Warm Water 11-11:45am (TP)		Shallow/Deep 12:15-1pm (MP)		Warm Water 11-11:45am (TP)		
Warm Water 1-1:45pm (TP)	Shallow/Deep 12:15-1pm (MP)	Warm Water 1-1:45pm (TP)	Shallow/Deep 12:15-1pm (MP)	Shallow/Deep 12:15-1pm (MP)		
	Shallow/Deep 8-8:45pm (MP)	Shallow/Deep 8-8:45pm (MP)	Aqua Zumba® 8-8:45pm (MP)		Registration Required	
DROP IN SWIM LESSONS						
Parented Lil' Dippers 5:05-5:35pm	Parented Lil' Dippers 10:35-11:05am				Parented Lil' Dippers 9:35-10:05am	Parented Lil' Dippers 10-10:30am
Teen 6:15-7:15pm					Teen 10:45-11:45am	
Adult 6:50-7:50pm	Adult 6:50-7:50pm				Adult 1:35-2:35pm	Adult 11:45-12:45pm
SWIM LESSONS & CLUBS						
Continuous Swim Lessons (Children) 4:30-8pm	Continuous Swim Lessons (Children) 10-12pm 4:30-8pm	Continuous Swim Lessons (Children) 4:30-8pm	Mermaid Swim School 3:30-4:30pm	Junior Lifeguard Club 4:30-6:30pm	Continuous Swim Lessons (Children) 9am-3pm	Continuous Swim Lessons (Children) 10am-1pm
		YMCA Swim Club 6-7:30pm (A)	Continuous Swim Lessons (Children) 4:30-8pm	YMCA Swim Club 6:30-8pm (A,B)		Bronze Club 1-2:30pm
						YMCA Swim Club 5-6:30pm (B)
						Junior Lifeguard Club 6:30-8:30pm
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.						
	#	#	#	#	#	#
5:30-8am	4	5:30-9am	4	5:30-8am	4	5:30-9am
10-11am	2	10am-12pm	3	10am-12pm	3	10am-12pm
11am-4:15pm	3	1-4:15pm	3	1-4:15pm	3	1-4:30pm
8-10:15pm	3	9-10:15pm	3	9-10:15pm	3	3:15-4:15pm
						4:30-6:30pm
						8-10:15pm
						7-7:30am
						3-5pm
						5-8:45pm
						7-10am
						1-3pm
						3-5pm
						5-8:45pm
						7-10am
						4
						2
						2
						2
<i>At least one lane is always available for member lane swim, including during YMCA Swim Lesson times.</i>						
MEMBER FAMILY SWIM TEACH POOL						
5:30-10:45am 12-1pm 2-4:15pm 8-10:15pm	5:30-10am 12-4:15pm 8-10:15pm	5:30-10:45am 12-1pm 2-4:15pm 8-10:15pm	5:30am-4:15pm 8-10:15pm	5:30-10:45am 12-10:15pm	7-9am 3-8:45pm	7-10am 1-8:45pm
MEMBER FAMILY SWIM MAIN POOL						
5:30-8am 10am-4:15pm 9-10:15pm	5:30-9am 10-12pm 1-4:15pm 9-10:15pm	5:30-8am 10-12pm 1:15-4:15pm 9-10:15pm	5:30-9am 10-12pm 1-4:15pm 9-10:15pm	5:30-8am 10-12pm 1-10:15pm	7-8am 3-8:45pm	7-10am 1-8:45pm
MEMBER & PUBLIC SWIM						
9pm-10:15pm	9pm-10:15pm	9pm-10:15pm	9pm-10:15pm	4:30pm-10:15pm	3pm-8:45pm	3pm-8:45pm

ROOM & PROGRAM LOCATIONS

(G) Gymnasium | (MPR) Multi Purpose Room | (S2) Studio 2 | (WOC) Workout Centre | (C) Classroom | (MP) Main Pool | (TP) Teach Pool

Preschool, Child & Youth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DROP IN SERVICES						
YMCA Child Minding 0-5yrs						
8:30am-1:30pm 5pm-9pm	8:30am-1:30pm 5pm-9pm	8:30am-1:30pm 5pm-9pm	8:30am-1:30pm 5pm-9pm	8:30am-1:30pm 5pm-8pm	9am-12:15pm	9am-12pm
Kids Club 6-12yrs (S2)						
5pm-9pm	5pm-9pm	5pm-9pm	5pm-9pm	5pm-8pm	9am-12:15pm	9am-12pm
REGISTERED PROGRAMS						
Basketball 5-7 & 7-9yrs 4:10-5:05pm (G)	Soccer 5-7 & 7-9yrs 4:10-5:05pm (G)	Floor Hockey 5-7 & 7-9yrs 4:10-5:05pm (G)	Badminton 9-12yrs 4:10-5:05pm (G)			
Basketball 7-9 & 9-12yrs 5:10-6:05pm (G)	Soccer 7-9 & 9-12yrs 5:10-6:05pm (G)	Floor Hockey 7-9 & 9-12yrs 5:10-6:05pm (G)	Badminton 12-17yrs 5:10-6:05pm (G)			
	YMCA Dance 3-5yrs 4:30-5:30pm (MPR)	Kids in the Kitchen 4-5yrs 4:30-5:30pm (C)	Literacy Learners 1 8-12yrs 3-4:30pm (C)			
Tae Kwon Do 6yrs+ 4:30-5:30pm (MPR)		Tae Kwon Do 6yrs+ 4:30-5:30pm (MPR)	Literacy Learners 2 8-12yrs 4:45-6:15pm (C)	Teen Night 13-17yrs 5-10pm (G)		
	Youth Boxing 12-17yrs 6-6:55pm (MPR)	Kids in the Kitchen 6-12yrs 6-7:30pm (C)	Leaders in Training 12-17yrs 6:30-8:30pm (S2)			

See below for
Saturday
programs!

SATURDAY REGISTERED PROGRAMMING						
9 AM	Sportball 2-3yrs 9:15-10am (S2)					
10 AM	Sportball 3-5yrs 10-11am (S2)					
11 AM	Sportball 5-7yrs 11-12pm (S2)					
12 PM	Floor Hockey 7-9yrs 12:15-1:10pm (G)	Only \$10 for members!		Basketball 9-12yrs 12:15-1:10pm (G)	Only \$10 for members!	
1 PM	Floor Hockey 9-12yrs 1:15-2:10pm (G)	Only \$10 for members!		Basketball 5-7yrs 1:15-2:10pm (G)	Only \$10 for members!	
2 PM	Basketball 7-9yrs 2:15-3:10pm (G)	Only \$10 for members!		Basketball 9-12yrs 2:15-3:10pm (G)	Only \$10 for members!	
3 PM	U of A Green & Gold CUBS Volleyball 9-12yrs 3:15-4:15pm (G)					



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WILLIAM LUTSKY FAMILY YMCA

HEALTH, FITNESS & AQUATICS SCHEDULE

Winter & Spring Sessions
January 7 – June 23, 2019

1975 111 Street NW
Edmonton, AB T6J 7C6
(780) 439-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

February 18th *Family Day* April 22nd *Easter Monday*
May 20th *Victoria Day* April 19th *Good Friday*

Childminding | YMCA Play Care

This drop-in service is **FREE** for members and offers you the chance to utilize YMCA programs & services while your children enjoy a safe, interactive & fun environment! Call **780 437-8485** for advanced booking.

Building healthy communities