

- Group Fitness Classes**
Ages 12+; YMCA reserves right to cancel any classes with 4 or less participants
- Aquatics Group Fitness Classes**
- Continuous Swim Lessons**
- Preschool, Child & Youth Programming**
- Drop In Sports**
- Open Gym**
- ◆ **Registered Programs**
- * **Sign Up Required** *Available 30 minutes prior to start of class*

- (G) **Gymnasium**
- (C) **Classroom**
- (H) **Hall**
- (P) **Pavilion**
- (K) **Kitchen**
- (MPR) **Multi-Purpose Room**
- (WOC) **Workout Centre**
- (SYN) **Synrgy Room**
- (T) **Track**
- (MP) **Main Pool**
- (TP) **Teach Pool**



DROP-IN AND REGISTERED PROGRAMS | SPORTS AND OPEN GYM
AQUATIC PROGRAMS | RECREATIONAL SWIM

northernalberta.ymca.ca/CastleDownsYMCA

11510 153 Ave | 780 476-YMCA (9622)

CASTLE DOWNS FAMILY YMCA

HEALTH, FITNESS & AQUATIC SCHEDULE

Fitness Consultation Package

(Formerly member connect)

Did you know that the YMCA offers a **FREE** 45-minute individual program design included in membership?

Certified YMCA staff and volunteers help you design a fitness program to meet your personal needs. Book your appointment today!

Indoor Playground Parented

Come play with your children in our indoor playground, suitable for children walking to 6 years. *Socks must be worn at all times. Adult supervision required at all times.*

Mon-Sat 12-8pm
Sun 8am-8pm

Closed for cleaning from 1:30-3pm on Mondays. Utilized for preschool programs Mon-Sat 9am-12pm.

FREE for members
\$6/day for non-members

YMCA Summer Day Camps

YMCA Summer Camps are designed to spark the imagination, confidence, independence, and communication skills of all our campers. All participants will have the opportunity to create positive peer and adult friendships. Through YMCA Healthy Child Development participants will learn physical literacy skills and complete daily physical activity requirements

We offer **FREE pre-and post-care**.

For further information, please pick up our Summer Camps Guide, speak to a Membership Services Staff or visit: northernalberta.ymca.ca/CAMPS

Summer Session July 4 – August 25

Facility Hours

Monday – Friday | 5:30am-10:30pm
Saturday & Sunday | 7am-9pm

Statutory Holidays

Heritage Day, August 7 | 7am-9pm

Play Care (Child Minding)

This pre-booked service is **FREE** for members (child requires membership) and offers parents the chance to utilize the facility while their children enjoy a safe, interactive and fun environment. A monthly theme and Active Start Physical Literacy are part of the Play Care Program.

Monday-Friday 9am-1:30pm

Block bookings are required, 48 hours in advance. Phone **780-377-3717** to book.
FREE for members, \$7/visit for non-members.

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
	GYM	STUDIO	MPR+	GYM	STUDIO	MPR+	GYM	STUDIO	MPR+	GYM	STUDIO	MPR+	GYM	STUDIO	MPR+	GYM	STUDIO	MPR/CLASSROOM+	GYM	STUDIO+	
5:30am																					
6AM	5:30-7am Open Gym			5:30-7am Open Gym			5:30-7am Open Gym			5:30-7am Open Gym			5:30-7am Open Gym								
7AM																					
8AM																					
9AM	9:15-10:15am Boot Camp			9:15-10:15am Adult Badminton	9:15-10:15am CycleFit		9-11am Adult Badminton			9:15-10:15am Group Fight			9:15-10:15am TRX Lvl 1						7-10:45am Adult Badminton		
10AM	10:30am-12pm Adult Badminton	10:15-11:15am Cardio Dance		10:30-11:30am Group Power	10:30-11:30am Tai Chi					10:30-11:30am Group Power	10:30-11:30am Tai Chi									8:30-9:15am CycleFit (S)	
11AM		11:30am-12:30pm Yoga																		9:30-10:30am Group Power (S)	
12PM	12-1pm Open Gym			12-1pm Open Gym	12-1pm Strength - Total Body		12-1pm Open Gym	11:45am-12:45pm Yoga Lvl 1	12-12:45pm Walkin Towards Balance (SYN)	12-1pm Open Gym	12-1pm Strength - Total Body		12-1pm Open Gym						11am-12pm Group Fight	10-11:30am Yoga (H)	
1PM	1:15-2:15pm Pickle Ball				1:15-2:15pm Bridge to Wellness ♦		1:15-2:15pm Pickleball				1:15-2:15pm Bridge to Wellness ♦										
2PM																					
3PM																					
4PM																					
5PM	5-7pm Open Gym			5:45-6:50pm Open Gym			5:45-6:10pm Open Gym								5:30-6:30pm Yoga (H)						
6PM		6-6:45pm Cyclefit					6:15-7:15pm Zumba®			6-7pm Cyclefit											
7PM	7:15-8:15pm Zumba®			7-8pm Group Power									7-8pm Boot Camp	6:30-8pm Aikido							
8PM				8:15-10pm Adult Volleyball			7:30-10pm Open Gym														
9PM	8:30-10pm Open Gym								8-9pm Yoga (H)												
10PM																					

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
AQUA FITNESS <i>Drop-in/Registered♦</i>	LANE SWIM <i>1 Lane is always available</i>	AQUA FITNESS <i>Drop-in/Registered♦</i>	LANE SWIM <i>1 Lane is always available</i>	AQUA FITNESS <i>Drop-in/Registered♦</i>	LANE SWIM <i>1 Lane is always available</i>	AQUA FITNESS <i>Drop-in/Registered♦</i>	LANE SWIM <i>1 Lane is always available</i>	AQUA FITNESS <i>Drop-in/Registered♦</i>	LANE SWIM <i>1 Lane is always available</i>	AQUA FITNESS <i>Drop-in/Registered♦</i>	LANE SWIM <i>1 Lane is always available</i>	AQUA FITNESS <i>Drop-in/Registered♦</i>	LANE SWIM <i>1 Lane is always available</i>
9-10am Aqua-Deep (MP)	ALL LANES 5:30-9am	9:15-10am Aqua-Shallow (MP)	6 LANES 5:30-9am	9:15-10am Aqua-Deep (MP)	ALL LANES 5:30-9am	9:15-10am Aqua-Shallow (MP)	ALL LANES 5:30-9am		ALL LANES 5:30-9am	10:35-11:05am Parented Lil' Dippers (TP)	ALL LANES 7-10am 2 LANES 3:45-8:45pm	10-11am Aqua-Deep (MP)	ALL LANES 7-10am 2 LANES 1-8:45pm
	MEMBER SWIM	5:35-6:05pm Parented Lil' Dippers (TP)	MEMBER SWIM	10-10:30am Parented Lil' Dippers (TP)	MEMBER SWIM		MEMBER SWIM		MEMBER SWIM	12:55-1:05pm Parented Lil' Dippers (TP)		12-1pm Adult Swim Lessons (MP)	
	5:30-9am (TP) 12-1:30pm (TP/MP) 3:30-5pm (TP/MP) 8-10:15pm (TP) 9-10:15pm (MP)	6:10-7:10pm Adult-Swim Lessons (MP)	5:30-9am (TP) 7-10am (TP) 12-1:30pm (TP/MP) 3:30-5pm (TP/MP) 8-10:15pm (TP) 9-10:15pm (MP)	12-1pm Adult-Swim Lessons (TP)	5:30-9am (TP) 12-1:30pm (MP/TP) 3:30-5pm (MP/TP) 8-10:15pm (MP/TP) 9-10:15pm (MP)	6:45-7:45pm Teen Swim Lessons (MP)	5:30-9am (TP) 7-10am (TP) 12-1:30pm (MP/TP) 3:30-5pm (MP/TP) 8-10:15pm (TP) 9-10:15pm (MP)		5:30-9am (TP) 12-1:30pm (MP/TP) 7:30-10:15pm (MP/TP)	12:55-1:55pm Teen Swim Lessons (MP)			MEMBER SWIM
CONTINUOUS SWIM LESSONS 5-8pm		CONTINUOUS SWIM LESSONS 5-8pm		CONTINUOUS SWIM LESSONS 5-8pm		CONTINUOUS SWIM LESSONS 5-8pm		CONTINUOUS SWIM LESSONS 4:30-7:30pm		CONTINUOUS SWIM LESSONS 10-2:45pm			
PUBLIC SWIM 3:30-5pm (MP/TP) 8-10:15pm (TP) 9-10:15pm (MP)		PUBLIC SWIM 3:30-5pm (TP/MP) 8-10:15pm (TP) 9-10:15pm (MP)		PUBLIC SWIM 3:30-5pm (MP/TP) 8-10:15pm (MP/TP)		PUBLIC SWIM 3:30-5pm (MP/TP) 8-10:15pm (TP) 9-10:15pm (MP)		PUBLIC SWIM 7:30-10:15pm (MP/TP)		PUBLIC SWIM 3-8:45pm (MP/TP)		PUBLIC SWIM 1-8:45pm (MP/TP)	
										COMMUNITY LEAGUE SWIM 5-8:45pm (MP/TP)		COMMUNITY LEAGUE SWIM 2-4pm (MP/TP)	