

Group Fitness Classes (Ages 12+, YMCA reserves the right to cancel any class with four or less participants)

Aquatics Group Fitness Classes

Preschool, Child & Youth Programming

Drop-In Sports/Swim Lessons

Registered Programs

*** Sign Up Required**

Available 15 minutes prior to start of class

(G) **Gymnasium**

(C) **Classroom**

(K) **Kitchen**

(MPR) **Multipurpose Room**

(WOC) **Workout Centre**

(SC) **Squash Court**

(T) **Track**

(MP) **Main Pool**

(TP) **Teach Pool**



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

northernalberta.ymca.ca/JamiePlatzYMCA

7121 178 ST | 780 481-YMCA(9622)

JAMIE PLATZ FAMILY YMCA

HEALTH, FITNESS & AQUATIC SCHEDULE

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**. Members receive a discount on ALL camps.

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-Midnight
Saturday & Sunday | 7am-9pm

Statutory Holidays

Heritage Day, August 7 | 7am-9pm

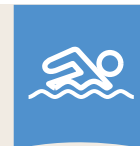
WIBIT Aqua Track



The WIBIT Aqua Track will be available from 3-5pm on the first Saturday of every month!



Drop-In Swim Lessons



Adult, Teen, and Parented Lil' Dippers (6mo–3yrs) swim lessons are now drop-in and do not require registration!

See reverse for class schedule!

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 8:45am–1:30pm
Monday–Thursday 4–8:15pm
Saturday 9am–12pm

Advanced Block Booking is available.

Phone **780-930-2322** to book. **FREE for members, \$7/visit for non-members.**

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MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
7-7:45am Aqua-Deep	LANE SWIM 1 Lane is always available		7-7:45am Aqua-Deep	LANE SWIM 1 Lane is always available		7-7:45am Aqua-Deep	LANE SWIM 1 Lane is always available		7-7:45am Aqua-Deep	LANE SWIM 1 Lane is always available			LANE SWIM 1 Lane is always available			7-7:45am Self-Directed Deep	LANE SWIM 1 Lane is always available			
8-8:45am Aqua-Deep*	4 LANES 5:30-9:30am 12-2pm 1 LANE 4-8:30pm		8-8:45am Aqua-Deep*	4 LANES 5:30-9:30am 12-2pm 1 LANE 4-8:30pm		8-8:45am Aqua-Deep*	4 LANES 5:30-9:30am 12-2pm 1 LANE 4-8:30pm		8-8:45am Aqua-Zumba**	4 LANES 5:30-9:30am 12-2pm 1 LANE 4-8:30pm		8-8:45am Aqua-Deep*	4 LANES 5:30-9am 12-2pm 1 LANE 2-8:30pm		8-8:45am Aqua-Deep	4 LANES 7-10am 1 LANE 10am-6pm 2-4 LANES 6-8:45pm		8-8:45am Aqua-Deep	4 LANES 7-10am 1 LANE 10am-6pm 1-3 LANES 3-8:45pm	
9-9:45am Aqua-Shallow*			9-9:45am Aqua-Shallow*			9-9:45am Aqua-Shallow*			9-9:45am Aqua-Shallow*			9-9:45am Aqua-Shallow*			9-9:45am Aqua-Shallow*			9-9:45am Aqua-Shallow*		
12-12:45pm Aqua-Deep	2-4 LANES 9:30-12pm 2-4pm		12-12:45pm Aqua-Shallow	2 LANES 9:30-12pm 2-4pm		12-12:45pm Aqua-Shallow	2 LANES 9:30-12pm 2-4pm		1-2pm Bridge to Wellness ♦	2 LANES 9:30-12pm 2-4pm		1-2pm Bridge to Wellness ♦	2 LANES 9:30-12pm 2-4pm		1-2pm Bridge to Wellness ♦					
7:30-8:15pm Aqua-Deep			7:30-8:15pm Aqua-Shallow			7:30-8:15pm Aqua-Shallow			7:30-8:15pm Self-Directed Deep			7:30-8:15pm Self-Directed -Shallow			7:30-8:15pm Self-Directed -Shallow		7:30-8:15pm Self-Directed -Shallow		7:30-8:15pm Self-Directed -Shallow	
See back cover for Member Swim info!			4:30-5:35pm Drop-In Teen Swim Lessons			5:45-6:15pm Drop-In Parented Lil' Dippers 6mos-3yrs			5:45-6:45pm Drop-In Teen Swim Lessons			5:45-6:45pm Drop-In Parented Lil' Dippers 6mos-3yrs			5:45-6:45pm Drop-In Teen Swim Lessons			5:45-6:45pm Drop-In Parented Lil' Dippers 6mos-3yrs		
Public Swim 8:15-10:15pm (TP) Member/Family Swim ALL DAY			6:20-7:20pm Drop-In Adult Swim Lessons			5:45-6:45pm Drop-In Teen Swim Lessons			6:55-7:55pm Drop-In Adult Swim Lessons			6:55-7:55pm Drop-In Adult Swim Lessons			1:30-2:30pm Drop-In Adult Swim Lessons			1:30-2:30pm Drop-In Adult Swim Lessons		
Public Swim 8:15-10:15pm (TP) Member/Family Swim ALL DAY			Public Swim 8:15-10:15pm (TP) Member/Family Swim ALL DAY			Public Swim 8:15-10:15pm (TP) Member/Family Swim ALL DAY			Public Swim 8:10-15pm (TP) Member/Family Swim ALL DAY			Public Swim 8:15-10:15pm (TP) Member/Family Swim ALL DAY			Public Swim 3:15-8:45pm (TP) Member/Family Swim ALL DAY			Public Swim 3:15-8:45pm (TP) Member/Family Swim ALL DAY		