

- 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 15 minutes prior to start of class*

- (G) **Gymnasium**
- (C) **Classroom**
- (S) **Studio**
- (H) **Hall**
- (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/WilliamLutskyYMCA

1975 111 St | 780 439-YMCA (9622)

WILLIAM LUTSKY 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!

Teen Night (Grades 7-12)

YMCA Teen Night provides an opportunity for youth to participate in various activities in all facility areas. Activities may include recreational sports, swimming, conditioning and fitness or dance classes. Appropriate work out attire and footwear required. Meet friends, get fit! *Must bring valid photo I.D. to register.*



Fridays 7-10pm

FREE for members

\$6/drop-in 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

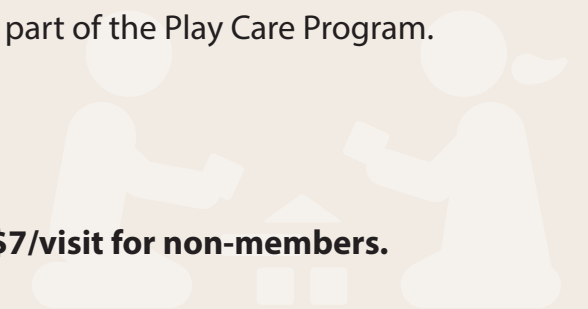
Play Care (Child Minding)



This pre-booked service is **FREE** for members 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.

See inside for hours!

Block bookings are required, 48 hours in advance.
Phone **780 437-8485** to book. **FREE for members, \$7/visit for non-members.**



	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY				
	GYM	STUDIO	MPR	WOC	GYM	STUDIO	MPR	WOC	GYM	STUDIO	MPR	WOC	GYM	STUDIO	MPR	WOC	GYM	STUDIO	MPR	WOC	GYM	STUDIO	MPR	WOC	GYM	STUDIO	MPR		
5:30am																												5:30am	
6AM		5:30-7:30am Ping Pong <i>*Book at Membership Services</i>				5:30-7:30am Ping Pong <i>*Book at Membership Services</i>								5:30-7:30am Ping Pong <i>*Book at Membership Services</i>														6AM	
7AM																													7AM
8AM		7:30-8:30 Pre-Care Day Camps		8:15-8:45am Strength-Core		7:30-8:30 Pre-Care Day Camps						8:15-8:45am Strength-Core														7-9am Ping Pong <i>*Book at Membership Services</i>			7AM
9AM		9-9:55am Strength-Total Body		9-10am Synrgy*		9-9:55am Group Fight		9-10am Synrgy*		9-9:55am Group Power			9-9:55am Cardio Kickbox											9-9:55am Step & Strength			9-10am Cycle*	9AM	
10AM		10-10:55am Zumba®		9:30-10:30am Cycle*		10-10:55am Group Power		10-10:55am Group Power		9-11am Play Care/Day Camps			10-10:55am Strength-Total Body												10-10:55am Group Power			10-11am Yoga*	10AM
11AM						11am-12pm Cardio & Strength		11am-12pm Bridge to Wellness ♦					11am-12pm Strollerobics ♦																11AM
12PM		9am-4pm Play Care/Day Camps																											12PM
1PM		11am-4pm Open Gym																											1PM
2PM																													2PM
3PM																													3PM
4PM		4-6pm Post-Care Day Camps				4-6pm Post-Care Day Camps							4-6pm Post-Care Day Camps																4PM
5PM																													5PM
6PM		6:15-7:10pm Boot Camp		6-7pm Yoga*		6:15-7:10pm Boot Camp							6:15-7:10pm HITT and Core																6PM
7PM		7:15-8:15pm Zumba®		7:30-8:30 pm Yoga ♦		7:15-8:15pm Group Power							7:15-8:15pm Zumba®																7PM
8PM																													8PM
9PM		8:30-10:15pm Open Gym <i>*Book at Membership Services</i>				8:30-10:15pm Volleyball ♦							8:30-10:15pm Open Gym <i>*Book at Membership Services</i>																9PM
10PM																													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>
8-8:45am Aqua-Shallow (MP)	3 LANES 5:30-8am	9-9:45am Aqua-Zumba® (MP)	3 LANES 5:30-9am	8-8:45am Aqua-Shallow (MP)	3 LANES 5:30-8am	9-9:45am Aqua-Shallow (MP)	3 LANES 5:30-8am	8-8:45am Aqua-Shallow (MP)	3 LANES 5:30-8am	8:15-9am Aqua-Shallow/Deep (MP)	2 LANES 3-5pm	8:15-9am Aqua-Shallow/Deep (MP)	2 LANES 3-8:45pm
9-9:45am Aqua-Deep (MP)	3:30-4:30pm	12:15-1pm Aqua-Shallow/Deep (MP)	3:30-4:30pm	9-9:45am Aqua-Deep (MP)	3:30-4:30pm	12:15-1pm Aqua-Shallow/Deep (MP)	3:30-4:30pm	9-9:45am Aqua-Deep (MP)	3:30-4:30pm	9-9:45am Aqua-Deep (MP)	3 LANES 5-8:45pm	9-9:45am Aqua-Deep (MP)	3 LANES 7-10am
11-11:45am Warm Water ♦ (TP)	MEMBER SWIM	8-8:45pm Aqua Zumba® (MP)	MEMBER SWIM	11-11:45am Warm Water ♦ (TP)	MEMBER SWIM	8-8:45pm Aqua Zumba® (MP)	MEMBER SWIM	11-11:45am Warm Water ♦ (TP)	MEMBER SWIM	11-11:45am Warm Water ♦ (TP)	MEMBER SWIM	11-11:45am Warm Water ♦ (TP)	MEMBER SWIM
12-12:45pm Warm Water ♦ (TP)	5:30-8am (MP/TP)		5:30-8am (MP/TP)	12-12:45pm Warm Water ♦ (TP)	5:30-8am (MP/TP)		5:30-8am (MP/TP)	12-12:45pm Aqua-Shallow (MP)	5:30-8am (MP/TP)	12:15-1pm Aqua-Shallow (MP)	7-9am (MP/TP)	12:15-1pm Aqua-Shallow (MP)	1-8:45pm (MP/TP)
8-8:45pm Aqua Zumba® (MP)	1:30-4:30pm Shared DAY CAMP SWIM (MP/TP)		1:30-4:30pm Shared DAY CAMP SWIM (MP/TP)	8-8:45pm Aqua-Shallow/Deep (MP)	1:30-4:30pm Shared DAY CAMP SWIM (MP/TP)		1:30-4:30pm Shared DAY CAMP SWIM (MP/TP)		8-9pm (TP)		3-8:45pm (MP/TP)		7-10am (MP/TP)
	8-9pm (TP)		8-9pm (TP)		8-9pm (TP)		8-9pm (TP)		9-10:15pm (MP/TP)		1:30-4:30pm Shared DAY CAMP SWIM (MP/TP)		1-8:45pm (MP/TP)
	9-10:15pm (MP/TP)		9-10:15pm (MP/TP)		9-10:15pm (MP/TP)		9-10:15pm (MP/TP)						
Drop-In Parented L'il Dippers 5:05-5:35pm		Drop-In Parented 10:35-11:05am				Drop-In Parented 10-10:30am				Drop-In Parented L'il Dippers 9:35-10:05am		Drop-In Parented L'il Dippers 10-10:30am	
Drop-In Teen Lessons 6:15-7:15pm		Drop-In Adult Swim Lessons 6:50-7:50pm								Drop-In Teen Lessons 10:45-11:45am			
Drop-In Adult Swim Lessons 6:50-7:50pm										Drop-In Adult Swim Lessons 1:35-2:35pm			
DAY CAMP SWIM LESSONS 10am-12pm		DAY CAMP SWIM LESSONS 10am-12pm		DAY CAMP SWIM LESSONS 10am-12pm		DAY CAMP SWIM LESSONS 10am-12pm		DAY CAMP SWIM LESSONS 10am-12pm		DAY CAMP SWIM LESSONS 10am-12pm			
CONTINUOUS SWIM LESSONS 4:30-8pm		CONTINUOUS SWIM LESSONS 4:30-8pm		CONTINUOUS SWIM LESSONS 4:30-8pm		CONTINUOUS SWIM LESSONS 4:30-8pm		CONTINUOUS SWIM LESSONS 4:30-8pm		CONTINUOUS SWIM LESSONS 9-3pm		CONTINUOUS SWIM LESSONS 10am-1pm	
PUBLIC SWIM 9-10:15pm (MP/TP)		PUBLIC SWIM 9-10:15pm (MP/TP)		PUBLIC SWIM 9-10:15pm (MP/TP)		PUBLIC SWIM 9-10:15pm (MP/TP)		PUBLIC SWIM 9-10:15pm (MP/TP)		PUBLIC SWIM 5-8:45pm (MP/TP)		Public Swim 5-8:45pm (MP/TP)	
										COMMUNITY SWIM 3-5pm (MP/TP)		Community Swim 3-5pm (MP/TP)	