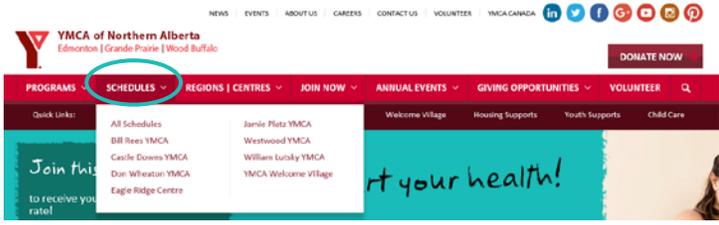




DESKTOP

How to Find Your Online Schedules

Step 1: Click 'Schedules' to go to the main schedules page, OR click directly on your membership centre by hovering over 'Schedules' on the main navigation bar at the top of the site.



Clicking your location will take you to the main schedule for your membership centre. Clicking 'Schedules' will take you to a page where you can choose your membership centre or specific schedule from a list.

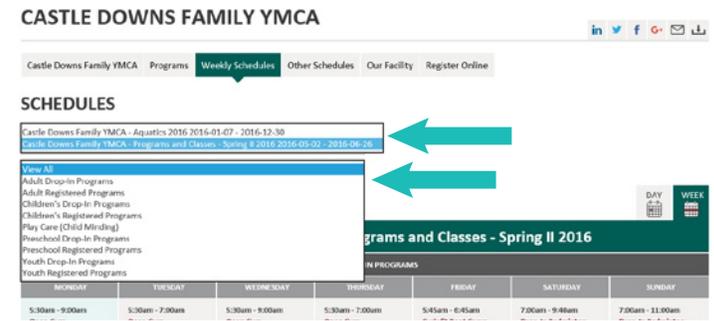
From the schedule, you can scroll through all the programs in the calendar view, which has both daily and weekly options.



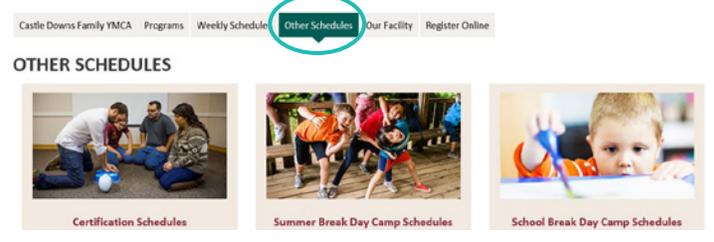
Schedules are arranged in a weekly grid with classes organized by time from top (morning) to bottom (evening). If you click on a class or program in the schedule, you will be taken to a page with more information about that program and a list of alternate times (inset).

Step 2: Select the Programs and Classes or Aquatics Schedule using the dropdown menus.

You can also select a schedule subcategory, such as 'Adult Drop-In Programs,' 'Preschool Registered Programs,' and more from the second dropdown menu.



For additional schedules, click 'Other Schedules' at the top of the page.



Step 3: Download a .pdf version.

You can download a .pdf schedule to print or save using the 'download' button on the top right hand side of the screen.



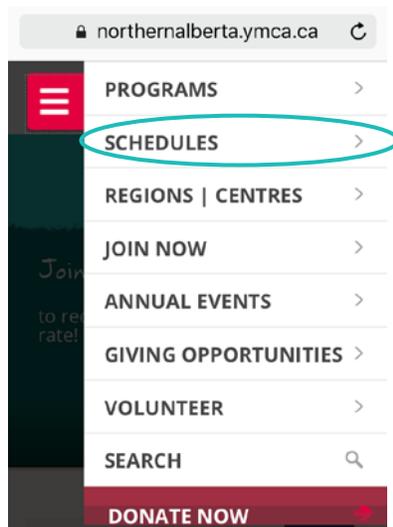
Questions? Email web@northernalberta.ymca.ca



MOBILE

How to Find Your Online Schedules

Step 1: Navigate to the Schedules page using the main menu.

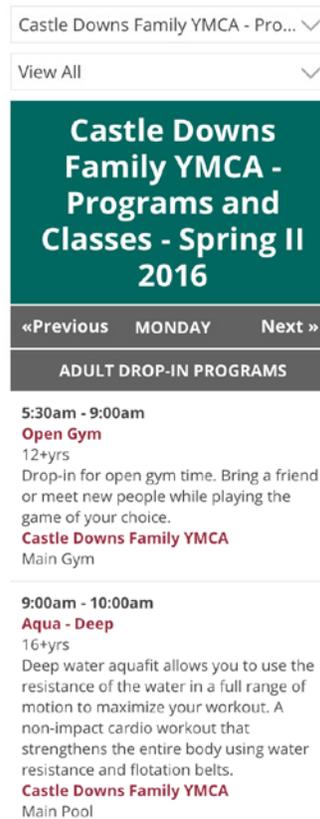


Step 2: Scroll down to find the schedule for your desired location or program area.



Schedules are arranged in a daily grid with classes organized by time from top (early morning) to bottom (evening). If you click on a specific class or program, you will be taken to a page with more information about the program and alternate program times (see top right).

Questions? Email web@northernalberta.ymca.ca



STROLLEROBICS

Castle Downs Family YMCA

[Find program at a different location >](#)

Family

Moms or Dads bring your baby and your stroller to this cardio-based class, designed to improve your strength and stamina. This class is suitable for all fitness levels.

Days	Mon
Time	12:00pm - 1:00pm
Start	May 02
End	Jun 20
Member Fee	FREE
Non-Member Fee	\$60

You can switch between schedules using the dropdown menu. You can also select a schedule subcategory, such as 'Adult Drop-In Programs,' 'Preschool Registered Programs,' and more from the second dropdown menu.

