



northernalberta.ymca.ca

Northside Community Centre

FACILITY SCHEDULE | SEPTEMBER 8–DECEMBER 20

Hours of Operation

Monday–Friday: **9:15am–7pm**

Weekends and Statutory Holidays: **Closed**

Rental bookings available weekends.

6391 – 76 Street
Red Deer, AB T4P 3E9
(403) 967-**YMCA** (9622)

Welcome back to the Y!

We are excited to provide a place for you to reach your goals and connect with your community again, and the health and safety of our members, staff and volunteers is our most important consideration. We will be meeting or exceeding all of the recommendations in the Government of Alberta's guidelines for recreation facilities. As guidelines change, we expect that our protocols in our centres will change over time. We promise to communicate changes your Y experience as they occur!

All YMCA of Northern Alberta participants and visitors are asked to complete a 3-question COVID-19 health screening shortly prior, or upon arrival at any YMCA community centre. **All participants and visitors are asked to complete a 3-question COVID-19 health screening when they arrive at the Northside Community Centre. You are welcome to complete this ahead of your visit by going to northernalberta.ymca.ca/screening. Participants should arrive no more than 10 minutes early** for their booking time.

As of **August 1, face coverings are mandatory inside all YMCA spaces in Red Deer, Edmonton, Grande Prairie and Wood Buffalo**. Please note that anyone participating in physical activities are exempt. However, common areas such as our lobby, hallways and change rooms do require face coverings to be worn. Find out more about this by visiting northernalberta.ymca.ca/FaceCoverings.

While we know there will be changes to YMCA spaces, **one thing that has not changed is the fact that our YMCA community is made up of kind and caring individuals who know how important it is for kids, families and individuals to have a safe place to connect, belong and thrive**. We know that the need for these opportunities has increased through this period of isolation, while at the same time, the financial situation of many in our community has worsened. We know that the need for financial assistance for members and participants is imminent and the generosity of our members is needed and appreciated more than ever. As a registered charity, we need your help. If you can, give today at northernalberta.ymca.ca/Give.

ADULT FITNESS & LIFESTYLE

Northside Community Centre | September 8–December 20

To be sure there's space available, you must pre-book your time at the Y. You will be able to book time up to seven days in advance for group fitness classes. **Participants should arrive no more than 10 minutes early.** You are welcome to drop in to see if space is available. If there's space in the class you would like to attend, you'll be welcome to join. If there is no space available, you will have to wait or book an alternate time. Book your visit at northernalberta.ymca.ca/Online! Need help or haven't activated your new online account? Visit northernalberta.ymca.ca/Register!

GROUP FITNESS

Booking Required | (G) Gymnasium | (ER) Event Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Cardio & Strength 9:30–10:20am (G)	Step 9:30–10:20am (G)	Strength 9:30–10:20am (G)	Stretch & Mobility 9:30–10:20am (ER)	Step & Strength 9:30–10:20am (G)		
AFTERNOON						
HIIT 12:10–12:50pm (G)		Step & Strength 12:10–12:50pm (G)		Yoga 12:10–12:50pm (ER)		
EVENING						
Yoga 6:00–6:50pm (ER)		Cycle 6:00–6:50pm (G)	Cardio & Strength 6:00–6:50pm (G)			
Program & Facility Access: Drop-in \$7/class 10-Visit Punch Pass \$63						

To ensure safe physical distancing, group fitness classes will all be held in the gymnasium or event room. We're asking **participants to come changed and ready to work out**, as showers and lockers will not be available. Washrooms will be available. Water fountains will not be available, so **please bring a water bottle from home.** Fountains with bottle fill stations will still be available.

FACILITY RENTALS

Northside Community Centre | Year-Round

We're excited to offer rentals again! From multi-purpose rooms to our gymnasium, the Northside Community Centre has space for you! **To rent at the YMCA, you must meet or exceed the Government of Alberta's safety guidelines.** We are happy to work with you to ensure your event is a safe and healthy experience for you, your guests and our staff. We have implemented enhanced health and safety procedures, such as cleaning and physical distancing, and are excited to talk to you about your rental needs!

If you're looking to book a space, give us a call at **403-967-9622** or email Rachael at NCCrentals@northernalberta.ymca.ca.