



northernalberta.ymca.ca

Don Wheaton Family YMCA

FACILITY SCHEDULE | OCTOBER 21–DECEMBER 20

Hours of Operation

Monday to Friday: **6am–3pm**

Weekends: **Closed**

Statutory Holidays: **Closed**

10211 102 Avenue
Edmonton, AB T5T 0A5
(780) 452-**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 and swimming pools. 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!

Before coming to your scheduled time, please take a moment to complete our online screening tool, which can be found at northernalberta.ymca.ca/screening. All YMCA of Northern Alberta members, participants and visitors are asked to complete this 3-question COVID-19 health screening shortly prior, or upon arrival at any YMCA health, fitness & aquatic centre or community centre. **Members should arrive no more than 10 minutes early** for their booking time. If you're late for your time slot, you can still enter, but you'll need to finish at the end of your booking period regardless of when you started.

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 water or physical activities are exempt. However, common areas in YMCA health, fitness and aquatics centres and community centres such as lobbies, hallways and change rooms do require face coverings to be worn. Find out more about this by visiting northernalberta.ymca.ca/FaceCoverings.

Visit northernalberta.ymca.ca/ReopeningEdmonton for more information on how we can keep our community safe, together.

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.

Thank you for being part of our community!

ADULT FITNESS & LIFESTYLE

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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 and open gym for basketball, soccer, badminton, or pickleball. Members don't need to pre-book their time in the fitness centre. You can just drop in and access the fitness centre area without a booking. If the fitness centre reaches capacity, members will have to wait until space is available to enter. Book your visit at northernalberta.ymca.ca/Online! Visit northernalberta.ymca.ca/Register for account and registration support.

GROUP FITNESS

Booking Required | (G) Gymnasium · (S2) Studio 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
EARLY MORNING									
Yoga 6:15–7am (S2)		Strength 6:15–7am (G)		Yoga 6:15–7am (S2)		Cycle 6:15–7am (G)		Strength 6:15–7am (G)	
		Cardio & Strength 9:45–10:30am (G)				Cardio & Strength 9:45–10:30am (G)		Gentle Yoga 9:45–10:30am (S2)	
LATE MORNING & AFTERNOON									
Strength 11–11:45am (G)		Cycle 11–11:45am (G)	Yoga 11–11:45am (S2)	Strength 11–11:45am (G)		Core 11–11:45am (G)		Cycle 11–11:45am (G)	
Cycle 12:15–1pm (G)	Yoga 12:15–1pm (S2)	Strength 12:15–1pm (G)		Cardio Kickboxing 12:15–1pm (G)		Cycle 12:15–1pm (G)		Strength 12:15–1pm (G)	Cardio Dance 12:15–1pm (S2)
<p>Did you know our locker rooms will be open and available too? We have specific guidelines for capacity and traffic flow in our locker rooms to make it a safe space for everyone. We appreciate your cooperation!</p>									

RECREATIONAL SPORTS

Booking Required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GYMNASIUM 50 MINUTE BOOKINGS									
Open Gym Book this space between 6–9:30am & 1:30–3pm		Open Gym Book this space between 7:30–9:15am & 1:30–3pm		Open Gym Book this space between 6–9:30am & 1:30–3pm		Open Gym Book this space between 7:30–9:15am & 1:30–3pm		Open Gym Book this space between 7:30–10:30am & 1:30–3pm	
Pickleball/Badminton Book this space at 9:45am				Pickleball/Badminton Book this space at 9:45am					
<p>Book your time slot now for pickleball, badminton and open gym!</p> <ul style="list-style-type: none"> Pickleball and badminton courts for your household or cohort of up to 8 people. Basketball and soccer open gym for your household or cohort of up to 8 people. <p>Bookings are open now and begin October 21. Note that all participants must have active YMCA memberships.</p>									