

Bessie Nichols YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Bessie Nichols YMCA Child Care Bessie Nichols YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Bessie Nichols YMCA Child Care Bessie Nichols YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Bishop Savaryn YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Bishop Savaryn YMCA Child Care Bishop Savaryn YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Bishop Savaryn YMCA Child Care Bishop Savaryn YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Blue Quill YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Blue Quill YMCA Child Care Blue Quill YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Blue Quill YMCA Child Care Blue Quill YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Brookside YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Brookside YMCA Child Care Brookside YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Brookside YMCA Child Care Brookside YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Cantiro YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Cantiro YMCA Child Care Cantiro YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Cantiro YMCA Child Care Cantiro YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Castle Downs Family YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------------------------------------------------|---------------|----------------|----------------|----------------------------------|---------------|----------|-----------------|
| Aikido Studio 3 - Castle Downs <u>Sign Up</u> | | 6:15PM-7:45PM | | 11:30AM-1:00PM | | | |
| Aquafit - Deep Main Pool - Castle Downs Sign Up | | 9:00AM-9:55AM | | 10:00AM-10:55AM 8:00PM-8:45PM | | | |
| Aquafit - Shallow Main Pool - Castle Downs Sign Up | | | 9:00AM-9:55AM | 8:00PM-8:45PM | 9:00AM-9:55AM | | |
| Bootcamp Gymnasium - Castle Downs Sign Up | | | | 9:15AM-10:15AM | | | |
| Bootcamp Studio 1 and 2 - Castle Downs <u>Sign Up</u> | | 9:45AM-10:15AM | | | | | |
| Bridge to Wellness (Level | | 1:15PM-2:15PM | | 1:15PM-2:15PM | | | |
| I) Studio 1 and 2 - Castle Downs Sign Up | | | | | | | |
| Cardio Dance - High Low Studio 1 and 2 - Castle Downs Sign Up | | 7:30PM-8:30PM | | | | | |
| Cardio Dance - Zumba Gymnasium - Castle Downs Sign Up | 7:15PM-8:15PM | | 6:00PM-7:00PM | | | | |
| Cardio Dance - Zumba Studio 3 - Castle Downs Sign Up | | | | 7:15PM-8:15PM | | | 10:45AM-11:45AM |
| Cardio and Strength - Gentle Fit Gymnasium - Castle Downs Sign Up | | 12:00PM-1:00PM | | 12:00PM-1:00PM | | | |
| Cardio and Strength - Gentle Fit Studio 3 - Castle Downs Sign Up | | | 9:15AM-10:15AM | | | | |
| Cardio and Strength - Synrgy360 Fitness Centre - Castle Downs Sign Up | | | | 5:00PM-5:45PM 6:00PM-6:45PM | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------|---------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|
| Childminding - Evening | 5:00PM-6:00PM | 5:00PM-6:00PM | 5:00PM-6:00PM | 5:00PM-6:00PM | 5:00PM-6:00PM | | |
| Multi-Purpose Room 3 - Castle Downs | 6:00PM-7:00PM | 6:00PM-7:00PM | 6:00PM-7:00PM | 6:00PM-7:00PM | 6:00PM-7:00PM | | |
| <u>iign Up</u> | 7:00PM-8:00PM | 7:00PM-8:00PM | 7:00PM-8:00PM | 7:00PM-8:00PM | 7:00PM-8:00PM | | |
| hildminding - Morning | | 9:00AM-10:00AM | 9:00AM-10:00AM | 9:00AM-10:00AM | 9:00AM-10:00AM | 9:30AM-10:30AM | |
| lulti-Purpose Room 3 - astle Downs | | 10:00AM-11:00AM | 10:00AM-11:00AM | 10:00AM-11:00AM | 10:00AM-11:00AM | 10:30AM-11:30AM | |
| <u>ign Up</u> | | 11:00AM-12:00PM | 11:00AM-12:00PM | 11:00AM-12:00PM | 11:00AM-12:00PM | 11:30AM-12:30PM | |
| tudio 1 and 2 - Castle Downs | | | 9:15AM-10:15AM | | | | |
| fore tudio 3 - Castle Downs ign Up | | 5:00PM-5:30PM | | | | | |
| Cycle | | 9:15AM-9:45AM | 10:30AM-11:15AM | | 8:30AM-9:00AM | | 8:30AM-9:30AM |
| tudio 1 and 2 - Castle Downs ign Up | | 6:15PM-7:15PM | | | | | |
| Kids' Club (6-12yrs) Multi-Purpose Room 1 - | | | | | 5:00PM-6:00PM | | |
| Castle Downs | | | | | 6:00PM-7:00PM | | |
| <u>iign Up</u> | | | | | 7:00PM-8:00PM | | |
| trength - TRX tudio 1 and 2 - Castle Downs ign Up | | | 8:00AM-9:00AM | | | | |
| Strength Gymnasium - Castle Downs Lign Up | 6:00PM-7:00PM | | 7:15PM-8:15PM | | 9:15AM-10:15AM | | 9:30AM-10:30AM |
| tretch and Mobility | | 10:30AM-11:15AM | | 10:30AM-11:15AM | | | |
| tudio 3 - Castle Downs <u>ign Up</u> | | 5:30PM-6:00PM | | | | | |
| ai Chi tudio 1 and 2 - Castle Downs ign Up | | 10:30AM-11:30AM | | 10:30AM-11:30AM | | | |
| oga - Flow | 7:30PM-8:30PM | | 10:30AM-11:30AM | | 7:00AM-7:45AM | | |
| tudio 3 - Castle Downs <u>ign Up</u> | | | 7:30PM-8:30PM | | 10:30AM-11:30AM | | |
| | | | | | 6:00PM-7:00PM | | |



Castle Downs YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Castle Downs YMCA Child Care (Extended Hours) Castle Downs YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| New Registration for Castle Downs YMCA Child Care Castle Downs YMCA Child Care Sign Up | | | | | | | |
| Transfer to Castle Downs YMCA Child Care (Extended Hours) Castle Downs YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Castle Downs YMCA Child Care Castle Downs YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Constable Daniel Woodall YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Constable Daniel Woodall YMCA Child Care Constable Daniel Woodall YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Constable Daniel Woodall YMCA Child Care Constable Daniel Woodall YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



David Thomas King YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for David Thomas King YMCA Child Care David Thomas King YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to David Thomas King YMCA Child Care David Thomas King YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Delwood YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Delwood YMCA Child Care Delwood YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Delwood YMCA Child Care Delwood YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Devonshire YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Devonshire YMCA Child Care Devonshire YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Devonshire YMCA Child Care Devonshire YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Don Wheaton Family YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------------------------------------------------------------|---------------|-----------------|----------------|-----------------|--------|----------|-----------------|
| Aquafit - Deep Main Pool - Don Wheaton Sign Up | | | 9:45AM-10:30AM | | | | |
| Aquafit - Shallow Main Pool - Don Wheaton Sign Up | | | 9:45AM-10:30AM | | | | |
| Barre Studio 2 - Don Wheaton Sign Up | | 11:00AM-11:45AM | | 11:00AM-11:45AM | | | |
| Bootcamp Gymnasium - Don Wheaton Sign Up | 5:30PM-6:25PM | | | | | | |
| Bridge to Wellness (Level I) Studio 1 - Don Wheaton Sign Up | | 1:15PM-2:15PM | | 1:15PM-2:15PM | | | |
| Bridge to Wellness (Level II) Studio 2 - Don Wheaton Sign Up | | | | 9:30AM-10:30AM | | | |
| Cardio Dance - Zumba Studio 2 - Don Wheaton Sign Up | | | | 5:30PM-6:25PM | | | |
| Cardio Dance Gymnasium - Don Wheaton Sign Up | | 5:00PM-5:55PM | | | | | |
| Cardio Dance Studio 2 - Don Wheaton Sign Up | | | | | | | 9:00AM-9:45AM |
| Cardio and Strength - Gentle Fit Studio 2 - Don Wheaton Sign Up | | 9:45AM-10:45AM | | | | | |
| Cardio and Strength - Synrgy360 Functional Training Room - Don Wheaton Sign Up | | | | 12:05PM-12:50PM | | | 11:00AM-11:55AM |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------------------------------------------------------------------------|--------|----------------------------------|-----------------|---------------------------------------------------|-----------------|----------|-----------------|
| Cardio and Strength Studio 2 - Don Wheaton Sign Up | | | 11:00AM-11:45AM | | | | |
| Cycle Community Room - Don Wheaton <u>Sign Up</u> | | 6:15AM-7:00AM 11:00AM-11:45AM | 12:05PM-12:50PM | 6:15AM-7:00AM 11:00AM-11:45AM 6:00PM-6:55PM | | | |
| HIIT (High Intensity Interval Training) Functional Training Room - Don Wheaton Sign Up | | 5:00PM-5:55PM | | 5:00PM-5:55PM | 5:30PM-6:25PM | | |
| Step Studio 2 - Don Wheaton Sign Up | | | 6:30PM-7:15PM | | | | |
| Strength - LIFT Gymnasium - Don Wheaton Sign Up | | 12:05PM-12:50PM | 5:15PM-6:10PM | | | | |
| Strength Gymnasium - Don Wheaton Sign Up | | | | | 11:00AM-11:45AM | | |
| Strength Studio 2 - Don Wheaton Sign Up | | | 6:15AM-7:00AM | | 6:15AM-7:00AM | | |
| Yoga - Chair Studio 2 - Don Wheaton Sign Up | | | | | 9:45AM-10:40AM | | |
| Yoga - Flow Studio 2 - Don Wheaton Sign Up | | 6:00PM-6:55PM | | | | | 10:00AM-10:55AM |
| Yoga - Restorative Studio 2 - Don Wheaton Sign Up | | | | | 12:05PM-12:50PM | | |
| Yoga - Sculpt Studio 2 - Don Wheaton Sign Up | | 12:05PM-12:50PM | | | | | |



Dr. Margaret-Ann Armour YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Dr. Margaret-Ann Armour YMCA Child Care Dr. Margaret-Ann Armour YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Dr. Margaret- Ann Armour YMCA Child Care Dr. Margaret-Ann Armour YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Eagle Ridge Community Centre | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------------------------------------------------|---------------|----------------|----------------|-----------------|--------|----------|--------|
| Cardio and Strength - Gentle Fit Fitness Studio - Eagle Ridge Sign Up | | | 9:30AM-10:30AM | | | | |
| Kids' Club (6-12yrs) Meeting Room 2 - Eagle Ridge Sign Up | 3:45PM-5:45PM | | | | | | |
| Minds in Motion Meeting Room 2 - Eagle Ridge Sign Up | | | | 10:30AM-12:00PM | | | |
| Strength - Women's Only Fitness Studio - Eagle Ridge Sign Up | | 9:30AM-10:30AM | | | | | |
| Strength - Women's Only Micro Fitness Studio - Eagle Ridge Sign Up | | | | 9:00AM-10:00AM | | | |



Esther Starkman YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Esther Starkman YMCA Child Care Esther Starkman YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Esther Starkman YMCA Child Care Esther Starkman YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Father Leo Green YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Father Leo Green YMCA Child Care Father Leo Green YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Father Leo Green YMCA Child Care Father Leo Green YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Forest Heights YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Forest Heights YMCA Child Care Forest Heights YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Forest Heights YMCA Child Care Forest Heights YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Hilwie Hamdon YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Hilwie Hamdon YMCA Child Care Hilwie Hamdon YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Hilwie Hamdon YMCA Child Care Hilwie Hamdon YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Holy Cross YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Holy Cross YMCA Child Care Holy Cross YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Holy Cross YMCA Child Care Holy Cross YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



James Gibbons YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for James Gibbons YMCA Child Care James Gibbons YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to James Gibbons YMCA Child Care James Gibbons YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Jamie Platz Family YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------|---------------|---------------|-----------------|-----------------|-----------------|----------|---------------|
| Aquafit - Aqua Zumba Teach Pool - Jamie Platz Sign Up | 8:00PM-8:45PM | | | 7:45PM-8:30PM | | | |
| Aquafit - Deep | | | 5:45AM-6:30AM | | 5:45AM-6:30AM | | 8:00AM-8:45AM |
| Teach Pool - Jamie Platz Sign Up | | | 7:00AM-7:45AM | | 7:00AM-7:45AM | | |
| | | | 8:00AM-8:45AM | | 8:00AM-8:45AM | | |
| | | | 9:00AM-9:45AM | | | | |
| Aquafit - Shallow Teach Pool - Jamie Platz | 6:00PM-6:45PM | 5:45AM-6:30AM | 7:45PM-8:30PM | 8:00AM-8:45AM | 9:00AM-9:45AM | | |
| Sign Up | 7:00PM-7:45PM | 7:00AM-7:45AM | | 9:00AM-9:45AM | 10:00AM-10:45AM | | |
| | | 8:00AM-8:45AM | | | | | |
| | | 9:00AM-9:45AM | | | | | |
| | | 7:45PM-8:30PM | | | | | |
| Baby and Me - Fitness Gymnasium - Jamie Platz <u>Sign Up</u> | | | | 10:15AM-11:00AM | | | |
| Barre Studio - Jamie Platz <u>Sign Up</u> | | | 10:00AM-10:45AM | | | | |
| Bootcamp - Circuit Studio - Jamie Platz <u>Sign Up</u> | | 5:45AM-6:30AM | | 5:45AM-6:30AM | | | |
| Bootcamp - Interval Gymnasium - Jamie Platz <u>Sign Up</u> | | | | 9:00AM-10:00AM | | | |
| Bootcamp Studio - Jamie Platz <u>Sign Up</u> | | | | | 9:30AM-10:00AM | | |
| Bridge to Wellness (Level | | | 1:00PM-2:00PM | | | | |
| Nulti-Purpose Room 2 - Jamie Platz Sign Up | | | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------------------------------------------------|--------------------------------|------------------------------------|--------------------------------|---------------------------------|-----------------|------------------------------------------------------|-----------------|
| Bridge to Wellness (Level II) Multi-Purpose Room 2 - Jamie Platz | | | | | 2:00PM-3:00PM | | |
| Sign Up Bridge to Wellness - Aquafit Teach Pool - Jamie Platz Sign Up | | 1:00PM-2:00PM | | 12:00PM-1:00PM | | | |
| Cardio Dance - High Low Studio - Jamie Platz Sign Up | | | | | | | 10:00AM-11:00AM |
| Cardio Dance - Learn to Dance Studio - Jamie Platz Sign Up | | | | | | 12:45PM-2:00PM | |
| Cardio Dance - Zumba Studio - Jamie Platz <u>Sign Up</u> | 6:00PM-7:00PM | 12:15PM-1:15PM | 7:15PM-8:15PM | 12:00PM-1:00PM 7:15PM-8:15PM | | | |
| Cardio and Strength - Gentle Fit Gymnasium - Jamie Platz Sign Up | | | 10:00AM-11:00AM | | 10:15AM-11:15AM | | |
| Cardio and Strength - HIIT Studio - Jamie Platz Sign Up | | 9:00AM-9:45AM | | | | | |
| Cardio and Strength - Synrgy360 Fitness Centre - Jamie Platz Sign Up | | | 7:15PM-8:00PM | 10:00AM-10:45AM | | | |
| Cardio and Strength Gymnasium - Jamie Platz Sign Up | | 9:00AM-10:00AM | | | | | |
| Childminding - Evening Multi-Purpose Room 1 - Jamie | 4:30PM-5:15PM | 4:30PM-5:15PM | 4:30PM-5:15PM | 4:30PM-5:15PM | | | |
| Platz <u>Sign Up</u> | 5:15PM-6:15PM 6:15PM-7:15PM | 5:15PM-6:15PM 6:15PM-7:15PM | 5:15PM-6:15PM 6:15PM-7:15PM | 5:15PM-6:15PM 6:15PM-7:15PM | | | |
| Childminding - Morning | | 8:45AM-10:00AM | 8:45AM-10:30AM | 8:45AM-10:30AM | 8:45AM-10:30AM | 8:00AM-9:00AM | |
| Multi-Purpose Room 1 - Jamie Platz <u>Sign Up</u> | | 10:00AM-11:00AM 11:00AM-12:15PM | 10:30AM-12:15PM | 10:30AM-12:15PM | 10:30AM-12:15PM | 9:00AM-10:00AM 10:00AM-11:00AM 11:00AM-12:30PM | |
| Core Fitness Centre - Jamie Platz <u>Sign Up</u> | | 7:00PM-7:30PM | | 7:00PM-7:30PM | | 11.00 1.1 12.00 1.1 | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------------------------------------------------------------|---------------|-----------------|-----------------|-----------------|-----------------|----------------|-----------------|
| Cycle and Strength Studio - Jamie Platz Sign Up | 7:15PM-8:15PM | | | | | | |
| Cycle Studio - Jamie Platz | | | 6:15AM-7:00AM | | 6:15AM-7:00AM | | 11:15AM-12:15PM |
| Sign Up | | | 6:00PM-7:00PM | | 9:00AM-9:30AM | | |
| Kids' Club (6-12yrs) Multi-Purpose Room 1 - Jamie Platz <u>Sign Up</u> | | | | | 5:00PM-8:00PM | 8:00AM-12:30PM | |
| Step - Beginner Studio - Jamie Platz <u>Sign Up</u> | | | 9:00AM-9:45AM | | | | |
| Step Gymnasium - Jamie Platz <u>Sign Up</u> | | | | | 9:00AM-10:00AM | | |
| Strength - Gentle Fit Multi-Purpose Room 2 - Jamie Platz Sign Up | | 11:00AM-12:00PM | | | | | |
| Strength - LIFT Studio - Jamie Platz Sign Up | | 6:00PM-7:00PM | | | | | |
| Strength - TRX Studio - Jamie Platz <u>Sign Up</u> | | 8:00AM-8:45AM | | | | | |
| Strength Gymnasium - Jamie Platz <u>Sign Up</u> | | | 9:00AM-9:45AM | | | | |
| Strength | | | | 9:00AM-9:45AM | | | |
| Studio - Jamie Platz <u>Sign Up</u> | | | | 6:00PM-7:00PM | | | |
| Tai Chi Studio - Jamie Platz <u>Sign Up</u> | | | 11:00AM-12:00PM | | | | |
| Yoga - Flow | | 6:45AM-7:45AM | 8:00AM-8:45AM | 10:00AM-10:45AM | 8:00AM-8:45AM | | |
| Studio - Jamie Platz <u>Sign Up</u> | | 1:30PM-2:30PM | | | 10:15AM-11:15AM | | |
| Yoga - Restorative | | 10:00AM-10:45AM | | | | | 9:00AM-9:55AM |
| Studio - Jamie Platz <u>Sign Up</u> | | 7:15PM-8:00PM | | | | | |



Jamie Platz YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Jamie Platz YMCA Child Care Jamie Platz YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Jamie Platz YMCA Child Care Jamie Platz YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Kipnes YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Kipnes YMCA Child Care Kipnes YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Kipnes YMCA Child Care Kipnes YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Mount Pleasant YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Mount Pleasant YMCA Child Care Mount Pleasant YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Mount Pleasant YMCA Child Care Mount Pleasant YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Newalta YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for NewAlta YMCA Child Care NewAlta YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to NewAlta YMCA Child Care NewAlta YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Northside Community Centre YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------------------------------------------|--------|-----------------|-----------------|-----------------|----------------|----------|--------|
| Cardio and Strength - Gentle Fit Studio - Northside Sign Up | | | 10:30AM-11:20AM | | | | |
| Cardio and Strength Studio - Northside Sign Up | | 12:10PM-12:50PM | | | 9:30AM-10:20AM | | |
| Cycle Studio - Northside Sign Up | | 6:15PM-6:45PM | | 12:10PM-12:50PM | | | |
| Strength - Gentle Fit Studio - Northside Sign Up | | 10:30AM-11:20AM | | | | | |
| Strength Studio - Northside Sign Up | | 6:45PM-7:15PM | 4:30PM-5:20PM | | | | |
| Stretch and Mobility Studio - Northside Sign Up | | | | 10:30AM-11:20AM | | | |
| Yoga - Sculpt Studio - Northside Sign Up | | | | 6:15PM-7:05PM | | | |
| Yoga Studio - Northside <u>Sign Up</u> | | | 12:10PM-12:50PM | | | | |



Patterson YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Patterson YMCA Child Care Patterson YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Patterson YMCA Child Care Patterson YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Riverbend YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Riverbend YMCA Child Care Riverbend YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Riverbend YMCA Child Care Riverbend YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Riverstone YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Riverstone YMCA Child Care Riverstone YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Riverstone YMCA Child Care Riverstone YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Roberta MacAdams YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Roberta MacAdams YMCA Child Care Roberta MacAdams YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Roberta MacAdams YMCA Child Care Roberta MacAdams YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Shirley Stollery YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Shirley Stollery YMCA Child Care Shirley Stollery YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Shirley Stollery YMCA Child Care Shirley Stollery YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Soraya Hafez YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Soraya Hafez YMCA Child Care Soraya Hafez YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Soraya Hafez YMCA Child Care Soraya Hafez YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



St. Gerard YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for St. Gerard YMCA Child Care St. Gerard YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to St. Gerard YMCA Child Care St. Gerard YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



St. Kateri YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for St. Kateri YMCA Child Care (Edmonton) St. Kateri YMCA Child Care (Edmonton) Sign Up | 12:00AM-1:00AM | | | | | | |
| New Registration for St. Kateri YMCA Child Care (Grande Prairie) St. Kateri YMCA Child Care (Grande Prairie) Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to St. Kateri YMCA Child Care (Edmonton) St. Kateri YMCA Child Care (Edmonton) Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to St. Kateri YMCA Child Care (Grande Prairie) St. Kateri YMCA Child Care (Grande Prairie) Sign Up | 12:00AM-1:00AM | | | | | | |



St. Mary YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for St. Mary YMCA Child Care St. Mary YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to St. Mary YMCA Child Care St. Mary YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



St. Monica YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for St. Monica YMCA Child Care St. Monica YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to St. Monica YMCA Child Care St. Monica YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Terwillegar YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Terwillegar YMCA Child Care Terwillegar YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Terwillegar YMCA Child Care Terwillegar YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Thickwood Heights YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Thickwood YMCA Child Care Thickwood YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Thickwood YMCA Child Care Thickwood YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Timberlea YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Timberlea YMCA Child Care Timberlea YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Timberlea YMCA Child Care Timberlea YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Twin Brooks YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Twin Brooks YMCA Child Care Twin Brooks YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Twin Brooks YMCA Child Care Twin Brooks YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Westglen YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Westglen Early Years YMCA Child Care Westglen YMCA Early Years Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| New Registration for Westglen YMCA Before and After School Child Care Westglen YMCA Before and After School Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Westglen Early Years YMCA Child Care Westglen YMCA Early Years Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Westglen YMCA Before and After School Child Care Westglen YMCA Before and After School Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



Westview YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Westview YMCA Child Care Westview YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Westview YMCA Child Care Westview YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



William Lutsky Family YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------------------------------------------------------|---------------|--------------------------------------------------|----------------------------------|---------------------------------|-----------------|----------|-----------------|
| Aquafit - Aqua Zumba Main Pool - William Lutsky <u>Sign Up</u> | | | 8:10PM-8:55PM | | | | |
| Aquafit - Deep Main Pool - William Lutsky Sign Up | | 8:00AM-8:45AM 12:15PM-1:00PM | 9:00AM-9:45AM | 8:00AM-8:45AM 12:15PM-1:00PM | 9:00AM-9:45AM | | |
| Aquafit - Shallow Main Pool - William Lutsky Sign Up | 8:10PM-8:55PM | 8:00AM-8:45AM 9:00AM-9:45AM 12:15PM-1:00PM | 9:00AM-9:45AM | 8:00AM-8:45AM 12:15PM-1:00PM | 9:00AM-9:45AM | | |
| Aquafit - Warm Water Teach Pool - William Lutsky Sign Up | | | | | 10:00AM-10:45AM | | |
| Baby and Me - Fitness Studio 2 - William Lutsky Sign Up | | | 2:00PM-2:25PM | | | | |
| Barre Multi-Purpose Room - William Lutsky Sign Up | 6:00PM-6:45PM | | 10:15AM-11:00AM 6:00PM-6:45PM | | | | |
| Bootcamp Gymnasium - William Lutsky <u>Sign Up</u> | 6:00PM-6:55PM | 6:00AM-6:45AM | | | | | |
| Bridge to Wellness (Level I) Multi-Purpose Room - William Lutsky Sign Up | | 11:10AM-12:05PM | | 11:10AM-12:05PM | | | |
| Cardio Dance - Zumba Gymnasium - William Lutsky Sign Up | 7:05PM-8:00PM | 7:05PM-8:00PM | 10:05AM-11:00AM 7:05PM-8:00PM | | 10:05AM-11:00AM | | |
| Cardio Dance - Zumba Multi-Purpose Room - William Lutsky Sign Up | | | | | 7:05PM-8:00PM | | 10:05AM-11:00AM |
| Cardio and Strength - Synrgy360 Fitness Centre - William Lutsky Sign Up | | 10:05AM-10:50AM | 6:00PM-6:45PM | 9:00AM-9:45AM 7:00PM-7:45PM | 5:00PM-5:55PM | | 9:00AM-9:45AM |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------------------------------------------------------------|---------------|-----------------|-----------------|-----------------|----------------------------------|-----------------|---------------|
| Cardio and Strength Gymnasium - William Lutsky Sign Up | | | 9:00AM-9:55AM | | | | |
| Childminding - Evening | 4:30PM-5:30PM | 4:30PM-5:30PM | 4:30PM-5:30PM | | | | |
| Classroom (Childminding) - William Lutsky | 5:30PM-6:30PM | 5:30PM-6:30PM | 5:30PM-6:30PM | | | | |
| <u>Sign Up</u> | 6:30PM-7:30PM | 6:30PM-7:30PM | 6:30PM-7:30PM | | | | |
| | 7:30PM-8:00PM | 7:30PM-8:00PM | 7:30PM-8:00PM | | | | |
| Childminding - Morning Classroom (Childminding) - | | 9:00AM-10:00AM | 9:00AM-10:00AM | 9:00AM-10:00AM | 9:00AM-10:00AM | 9:00AM-10:00AM | |
| William Lutsky | | 10:00AM-11:00AM | 10:00AM-11:00AM | 10:00AM-11:00AM | 10:00AM-11:00AM | 10:00AM-11:00AM | |
| <u>Sign Up</u> | | 11:00AM-12:00PM | 11:00AM-12:00PM | 11:00AM-12:00PM | 11:00AM-12:00PM | 11:00AM-12:00PM | |
| Core Gymnasium - William Lutsky <u>Sign Up</u> | | 8:15AM-8:45AM | | | 8:15AM-8:45AM | | |
| Core Multi-Purpose Room - William Lutsky <u>Sign Up</u> | | | | | | | 8:15AM-8:45AM |
| Core Studio 2 - William Lutsky <u>Sign Up</u> | | | 11:10AM-11:50AM | | | | |
| Cycle - Gentle Fitness Centre - William Lutsky Sign Up | | 9:00AM-9:45AM | | | | | |
| Cycle | | 6:00PM-6:45PM | 8:00AM-8:45AM | 6:00AM-6:45AM | 9:00AM-9:55AM | | |
| Fitness Centre - William Lutsky <u>Sign Up</u> | | | 12:15PM-1:00PM | 6:00PM-6:55PM | | | |
| Essentrics %uFFFD Apprentice class Multi-Purpose Room - William Lutsky Sign Up | | | 11:10AM-12:05PM | | | | |
| HIIT (High Intensity Interval Training) Gymnasium - William Lutsky Sign Up | | | | 9:00AM-9:55AM | | | |
| HIIT (High Intensity Interval Training) Studio 2 - William Lutsky Sign Up | | | | | 11:10AM-11:55AM 6:00PM-6:55PM | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------------------------------------------|---------------|-----------------|-----------------|-----------------|-----------------|------------------------------------|--------|
| Kids' Club (6-12yrs) Studio 1 - William Lutsky Sign Up | | | | | | 9:00AM-10:00AM | |
| | | | | | | 10:00AM-11:00AM 11:00AM-12:00PM | |
| Step Gymnasium - William Lutsky <u>Sign Up</u> | | 9:00AM-9:55AM | | | | | |
| Strength - Gentle Fit Gymnasium - William Lutsky Sign Up | | 10:05AM-11:00AM | | 10:05AM-11:00AM | | | |
| Strength - LIFT Gymnasium - William Lutsky <u>Sign Up</u> | | 6:00PM-6:55PM | | | | | |
| Strength - TRX Gymnasium - William Lutsky Sign Up | | | | 11:10AM-11:55AM | | | |
| Strength Gymnasium - William Lutsky <u>Sign Up</u> | | | | | 9:00AM-9:55AM | | |
| Stretch and Mobility Studio 2 - William Lutsky Sign Up | | | | 8:10PM-8:55PM | 12:15PM-1:00PM | | |
| Fai Chi Multi-Purpose Room - William | | 7:05PM-8:00PM | | | | | |
| Lutsky Sign Up | | 8:05PM-9:00PM | | | | | |
| Yoga - Chair Multi-Purpose Room - William Lutsky Sign Up | | 9:00AM-9:55AM | | 9:00AM-9:55AM | 11:10AM-12:05PM | | |
| Yoga - Flow Multi-Purpose Room - William Lutsky Sign Up | 7:00PM-7:55PM | | | | | | |
| Yoga - Sculpt Studio 2 - William Lutsky <u>Sign Up</u> | | | 12:00PM-12:55PM | | | | |
| Yoga Multi-Purpose Room - William Lutsky Sign Up | | 10:05AM-11:00AM | 7:45AM-8:45AM | 10:05AM-11:00AM | 10:05AM-11:00AM | | |
| | | 5:00PM-5:55PM | 9:00AM-9:55AM | | | | |
| | | | 7:00PM-7:55PM | | | | |



William Lutsky YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for William Lutsky YMCA Child Care William Lutsky YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to William Lutsky YMCA Child Care William Lutsky YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |



École Dickinsfield YMCA Child Care | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------------------------------------------------------------------------------------|----------------|---------|-----------|----------|--------|----------|--------|
| New Registration for Ecole Dickinsfield YMCA Child Care Ecole Dickinsfield YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |
| Transfer to Ecole Dickinsfield YMCA Child Care Ecole Dickinsfield YMCA Child Care Sign Up | 12:00AM-1:00AM | | | | | | |