

EDMONTON GARRISON

FALL 2025

# Fitness Centre

COMMUNITY PROGRAM GUIDE

The Community Garden Club is one of many clubs available at CFB Edmonton, and is a great way to get outdoors throughout the summer and fall months! (Pg. 4)



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@EDMFITCENTRE



# Welcome

## Thoughts from Community Recreation

Welcome to the Fall edition of our Community Program Guide! This season is all about fresh starts and festive fun, and we're excited to share everything happening at the Edmonton Garrison Fitness Centre and beyond.

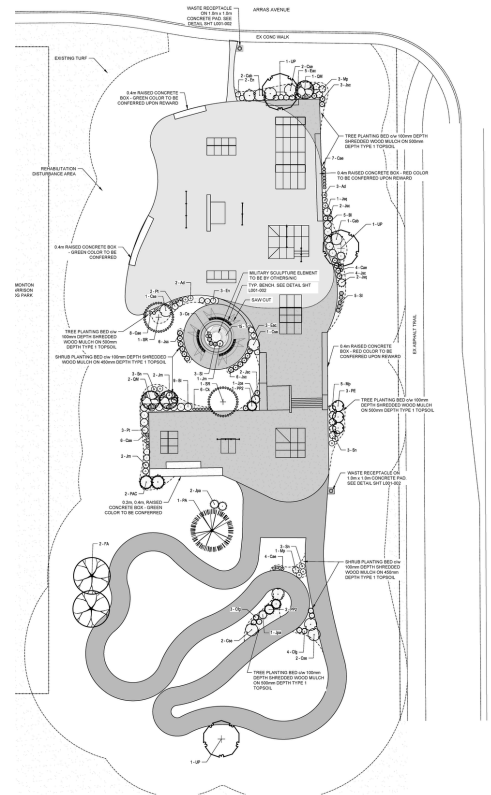
We're finally breaking ground on the brand new skate park right here in Lancaster Park. The design was finalized with the help of your feedback, and will bring even more energy and activity to the community!

Fall also brings some of our favourite events, including Fall Fest! Hosted by the MFRC and running on Sept 13, it's a lively expo for new members posted to CFB Edmonton. It's a great chance to meet the PSP Community Recreation team, explore programs and services, and get connected with everything we offer. And of course, we're gearing up for some spooky seasonal fun with pumpkin carving and Halloween activities for all ages!

This fall, we're rolling out a fantastic lineup of programs including many new offerings! Included are sports academies for baseball and soccer, family fitness, adult competitive dance classes, and youth fitness programs.

Whether you're new to the base or a long-time member of our community, we can't wait to see you get involved and make the most of this vibrant season with us.

Cover Photo by: Alecia Cunningham



## Recreation's Commitment to the Community

From Senior Recreation Leader, Arick Schoeninger

Howdy, I'm Arick.

I am grateful to so many for helping me overcome the challenges I faced as a kid, and I am glad to have the opportunity to support military families in my own way. Most of my career has been spent running activities for kids, and while it's been a wild ride, I love working with my fellow Rec Leaders to put smiles on the faces of families. If you've been to a recreation program since 2021 you have probably seen me running around and goofballing it up.

I've always had a passion for games, and I believe that a bit of play is essential for a healthy lifestyle. If you need ideas, I've got a list! When I'm not at work, you'll find me playing video games, cards, or tabletop roleplaying.

I'm usually around the gym and available for a chat, so if you ever need a listening ear, laugh, or a game, just come ask.



# Memberships

## Inclusive Membership

**Our best value!** Inclusive members have complimentary access to all facilities and almost all recreation programs at no additional charge. This includes fitness classes, swimming lessons, recreation programs for youth, martial arts, and more! In addition, they receive member pricing on Fitness Centre services such as personal training and workshops.

Child	Adult	Family
\$69/month	\$94/month	\$150/month

## Core Membership

Core members have complimentary access to all facilities. In addition, they receive discounts on specialty programs and member pricing on Fitness Centre events.

Child	Adult	Family
\$30/month	\$40/month	\$80/month

## Discounts Available!

We offer discounts on our membership rates to:

- Military Personnel
- Veterans
- Military Families
- DND Civilians
- RCMP
- Sturgeon County Residents & Employees
- First Responders

If you qualify, we encourage you to inquire for more details!

## Membership Terms & Conditions

All memberships are offered on a continuous term without a joining or cancellation fee. Clients may cancel their membership at any time. Clients requesting a defined term such as 6 months will be subject to a \$5 surcharge per month and must pay the full amount of the term upfront. Please consult the Front Desk for restrictions regarding the family memberships. All Core and Inclusive Memberships include access to the Edmonton Garrison Community Library as well as limited access to the Edmonton Garrison Twin Rinks Arena. Please consult the Edmonton Garrison Fitness Centre Membership Sales & Services Desk for more details about those facilities.

## Standard Drop-in Rates

**Adult (18+): \$10**

**Youth (3-17 yrs) & 55+: \$8**

**Infant (0-2 yrs): FREE**

**Drop-in Includes Access to:**

**Open Climb:** Thurs 5:00-9:00pm

**Public/Lane Swim:** Various times





# Facility

# Info



## Hours of Operation

**Monday to Friday:** 0600hrs-2200hrs

**Saturday, Sunday:** 0800hrs-2000hrs

\*Holiday hours are subject to change

\*Closed Christmas Day & New Years Day

## Address

185 Hwy 28A

Lancaster Park, AB

TOA 2H0

## Contact Us

For all inquiries, please email us at

**edmfitcentre@cfmws.com**, or call us at **780-973-4011** and use the following extensions:

Membership Sales & Services: **528-4392**

Aquatics, Rec Fitness, Youth Programs: **528-4694**

Military Fitness & Sports: **528-4324**

Facilities: **528-4327**

## Facility Admission Policy

In accordance with **Garrison Standing Order 119** all persons entering the Fitness Centre are required to provide photo identification and may have their facility access restricted or denied if they do not have proper identification.

**All children under 8** must be accompanied by a caregiver. The caregiver must be within arms reach of the child at all times while in the aquatic facilities.

**All children ages 8-11** must be accompanied by an caregiver in the facility.

**All patrons over the age of 12** may use the facility unaccompanied. Patrons may be subject to a swim test while in the aquatic facilities. A Youth Intro to Weights course is required for youth 13+ to use the weight room (see pg. 20 for details). Upon successful completion, youth 13+ may use the weight room with parental consent. The Warrior Room is restricted to patrons **18+**.

**Please Note:** A caregiver is defined as 16 years or older. A caregiver may supervise up to four children. Staff may apply the facility swim test standard to any person. Any person who fails the facility swim test standard will be denied aquatic facility access.

**All facility times and available spaces are subject to change and/or military operation.**





Located at the corner of Mons Avenue and Range Road 244 and less than 5 minutes from North Edmonton, the Edmonton Garrison Fitness Centre is open to military members, their families, and the general public. We offer a range of amenities, programs, and services. With approximately 12 000 square metres of usable indoor floor space, the EGFC has a lot to offer!

# Amenities

## Indoor Facilities

- 200m running track
- 4 full size basketball courts
- 4 full size volleyball courts
- 4 full size badminton courts
- 4 squash courts
- 3 pickleball courts
- 25y swimming pool
- Whirlpool
- Leisure pool
- Co-ed dry sauna
- Change rooms
- Climbing Wall
- Indoor cycle area
- Functional strength training space
- Unarmed combat room
- Weights & cardio room with 50+ cardio machines, 80+ weight machines, and free weights

## Outdoor Facilities

- Community Rink
- Rugby field
- 3 community playgrounds
- Soccer pitches
- Running trails
- Skateboard park
- Tennis Courts
- Softball fields
- Dog park

## Other Facilities

- Self-service Auto Shop
- Self-service Wood Shop
- RV Compound
- Equestrian Centre
- Community Gardens
- Community Library
- Twin Rinks Arena
- Community Centre

## Clubs

### Archery Club

This club operates year round offering indoor and outdoor target shooting opportunities. They oversee bow hunting from Sept-Dec each year in designated areas on base property.

### Garden Club

Nothing beats the taste of home grown fresh produce! Multiple garden plots are available for seasonal lease and plots are distributed on a first come, first served basis.

### Saddle Club

This is a co-op club with varying breeds and disciplines. PSP stables has 42 stalls, indoor and outdoor riding arenas and more. Club members must own a horse and share in club chores and work parties. Must be a military member to join club.

### Shooting Club

Their aim is good marksmanship! This club conducts recreational shooting activities to promote the safe and responsible enjoyment of firearms and the outdoors.

### Wood Hobby Club

The Wood Hobby Club provides a variety of equipment and tools for the creation of personal projects. Novice to expert skill levels welcome!

**For more information on our facilities, clubs, and services, please visit:**  
**CFMWS.ca/Edmonton.**



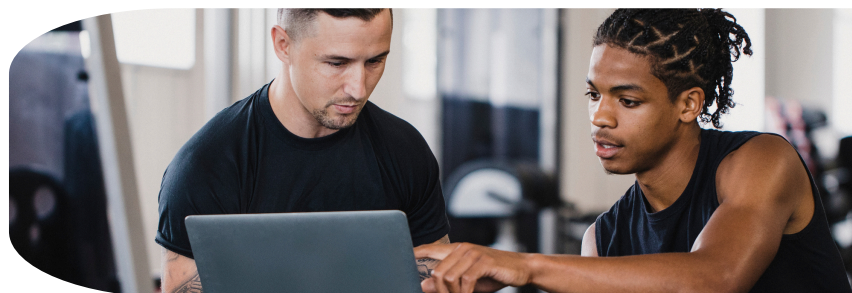


# Other Services

## Personal Training

Whether you would like personal guidance or group classes, our personal trainers can help you achieve your wellness goals.

Prices are per session (plus GST). Please direct inquiries to [edmfittcentre@cfmws.com](mailto:edmfittcentre@cfmws.com).



## Individual

Membership	1-5 Sessions	6-11 Sessions	12 Sessions
Member	\$70	\$65	\$60
Non-member	\$80	\$75	\$70

## Group

Membership	1-5 Sessions	6-11 Sessions	12 Sessions
Member	\$40	\$35	\$30
Non-member	\$50	\$45	\$40

## Dryland Sports Training

Athletes have goals of enhancing strength, power, speed, agility, quickness, reaction, and more to improve abilities in their respective sport of choice. General fitness training can involve the same movements that athletes require, but Dryland Sports Training is more specific to the demands of that particular sport. DST programs are designed in a year-round fashion, built around the seasons of an athlete.

Please direct DST inquiries to [Lo.Elyssa@cfmws.com](mailto:Lo.Elyssa@cfmws.com).

## Private Swimming Lessons

For those looking to up their swimming game, or wish for more one-on-one instruction, we have private lesson times available for booking. Available times this session are:

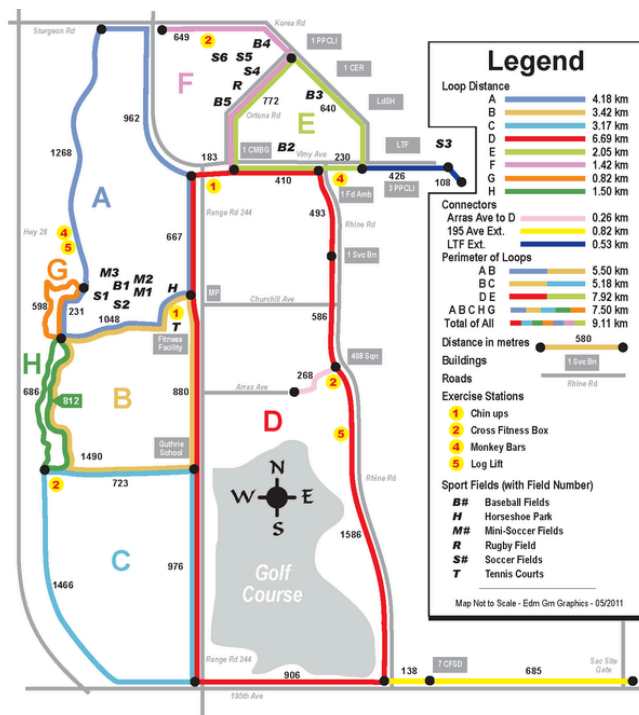
**Mondays: 7:15pm, 7:45pm**  
**Tuesdays: 7:15pm, 7:45pm**  
**Wednesdays: 7:15pm, 7:45pm**  
**Thursdays: 7:15pm, 7:45pm**  
**Fridays: 7:15pm**  
**Saturdays: 11:00am**  
**Sundays: 11:00am, 11:30am**

## Party Planners

We love parties at Edmonton Garrison Fitness Centre and we love seeing families and friends getting together to celebrate one another! With a variety of party packages to choose from, we aim to help you celebrate your special event just the way you want to, without the hassle of cleanup. We offer various themes as well as team building parties perfect for any sports team! For more info, please reach out to us at [edmfittcentre@cfmws.com](mailto:edmfittcentre@cfmws.com).

## Walking/Running Trails

The Edmonton Garrison has a large network of trails for use, including 4 exercise station stops.





# Registration

## How to Register

**Select your membership:** You can choose one of our membership levels, which apply discounts or give complimentary access to programs. Non-members may still access programs for their full price.

**Select your program:** Programs are divided by age category with a wide range of activities available. Have a look through this guide for a quick glance at what's available, or head to [bkk.cfmws.com/edmontonpub](http://bkk.cfmws.com/edmontonpub) for program descriptions. **Inclusive members are still required to register for programs they wish to take part in.**

**Select your registration method:** Register online at [bkk.cfmws.com/edmontonpub](http://bkk.cfmws.com/edmontonpub) or register over the phone with a valid credit card at (780) 973-4011 ext 528-4392. In person registration is available at the Front Desk. Payment by major credit card, debit card, and cash are available. There are two registration dates per session: priority registration is available to military members, veterans, and their families starting **August 11, 2025** (via phone or in person only), with general registration opening **August 18, 2025**.

## Program Cancellations

All classes are subject to cancellation if there are insufficient registrations by the second week after programs start. Classes may also be cancelled as a result of weather conditions or facility issues. Clients paying a program fee are entitled to a prorated refund for any class not delivered in the event of a program or class cancellation.

## Refunds

If circumstances beyond your control impact your ability to participate in our programs and/or it becomes necessary for you to transfer to another date/time, please contact the EGFC Front Desk during regularly scheduled business hours. Full refunds for medical or military related reasons (military members only) will be authorized prior to the program start date; after the start date refunds will be prorated. All other full refund requests must be received five business days prior to the start of the program; after the start of the program refunds will be prorated. If 50% or more of the program has elapsed, no refund will be issued. If the program advertises a required non-refundable deposit, no refund will be issued for the deposit. In the case of a dispute, refund decisions will be made by the local Senior Manager, Personnel Support Programs.

## Our Commitment to Quality

Personnel Support Programs (PSP) strives to provide innovative and creative facilities, programs, and services designed to meet the diverse needs of the Canadian Forces community. We strive to offer programs and services that are of excellent quality and value. For any concerns regarding the quality of our programs and/or instructors, please contact the Front Desk immediately so that they may resolve your concerns.

## We're an High Five® Affiliated Organization!

High Five® is a national standard for sport and recreation, founded by Parks and Recreation Ontario. It is designed to support safety, well-being and healthy development of participants in recreation and sport programs. Initially launched in 2001, this quality assurance framework seeks to ensure all participants experience healthy development from their participation in recreation and sport programs.



## Jumpstart® Program

Jumpstart Funding® available to children of all members of the Canadian Forces through Canadian Tire's Jumpstart Foundation. Funding is for children ages 4-18 to access sports at all levels. Visit [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca) for more information.







# Ages 0-2

The first few years of life are a time of rapid growth and development, and our programs for 0-2 year olds are designed to support and encourage this growth. With a focus on play-based learning and sensory exploration, our activities help to develop fine and gross motor skills, foster social and emotional development, and promote language and cognitive development. Our nurturing and supportive environment provides a safe and stimulating space for these young children to learn and grow, while having fun and building a strong foundation for their future development.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>AQUATICS</b>							
Parent & Tot	4:30pm 5:45pm	5:00pm 5:45pm	4:30pm 5:00pm	5:00pm	4:30pm 6:30pm	9:00am 10:30am	
<b>RECREATION</b>							
Climb & Crawl							10:00am
Parent & Tot Dance						9:30am	
Parent & Littles Movement (Ages 0-5)							10:15am

**\*PLEASE NOTE:** No programs will be running during the following dates: Sept 30, Oct 13, Oct 31, Nov 11.  
In the event of a discrepancy between this guide and our registration site, the site will be taken as correct.

Scan to share  
your feedback!



## We want to hear from you!

We are always looking for ways to improve our programs and services, both within Community Recreation and across PSP Edmonton operations. If you have feedback or ideas that you would like to share -- whether it's about an event, one of our facilities, our programs, or even our program guides -- please let us know!





Three to five years old is a time of imaginative play and discovery, and our programs for this age group are designed to support and encourage this natural curiosity. Our activities focus on promoting physical, social, and emotional development, while also cognitive development, and a love of learning. With a mix of structured and unstructured play, our programs provide a safe and nurturing environment for these young children to explore, create, and have fun.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>AQUATICS</b>							
Preschool 1/2	4:30pm 5:00pm 5:45pm	4:30pm 5:00pm 6:30pm	4:30pm 5:45pm 6:30pm	4:30pm 7:15pm	5:00pm 5:45pm 7:15pm	9:00am 9:45am 11:30am	
Preschool 3	5:00pm 6:30pm	4:30pm 5:45pm	5:00pm 7:15pm	5:00pm 6:30pm	4:30pm 5:00pm	10:30am	
Preschool 4	5:00pm 6:30pm	5:00pm 7:15pm	5:00pm 6:30pm	4:30pm 5:45pm	5:00pm 5:45pm	10:30am	11:30am
Preschool 5	7:15pm	6:30pm	4:30pm	5:00pm	6:30pm	9:00am	11:30am
<b>FITNESS</b>							
<b>NEW!</b> Little Warriors					4:30pm		

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**3-5**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>RECREATION</b>							
Art & Me							11:00am
Ballet & Me			5:00pm	5:00pm		10:15am	
Dance & Me				5:00pm		10:15am	
Parent & Littles Movement							10:15am
Preschool Skate						2:30pm	
Save-On-Foods Cooking & Me		5:00pm					
STEM & Me				5:00pm			
LEGO Builders				5:30pm			
Little Climbers	4:30pm	4:30pm			4:30pm		11:00am 11:45am
<b>SPORT</b>							
Jr NBA Basketball			5:00pm (U7)				
Little Athletes	5:00pm						
Jr NBA Little Ballerz							1:30pm
Little Kickerz							1:00pm
Little Tacklers	5:30pm						



# Join Studio PSP for their 3<sup>rd</sup> season!



## Competitive Dance Program Ages 6 - 17

Dancers interested in dance competitions, extra performances and high levels of training are encouraged to give our CDP program a try! CDP classes are divided into Jr (6-9), Sr (9-12) and Teen (13+) to provide dancers with the most comprehensive, and age appropriate training. CDP dancers are required to maintain a mandatory 90% attendance rate, attend a weekly ballet technique class and uphold the required uniform standard.

*CDP classes are year long and will begin in September and end in early June.*

## Recreational Dance Program Ages 1 - 12

Dancers interested in a low stress, fun environment looking for a more laid back dance environment are invited to give RDP a try! RDP dancers are required to have a 50% attendance rate, and they participate in session end shows.

## Pricing

Pricing for all Studio PSP classes are listed below and have been recently updated.\*

**Please note the cost is per course.**

**Register  
today!**

\* Program's withdrawal will not be refunded past November 17<sup>th</sup>  
\* The cost of ballet technique is included in the CDP pricing  
\* Tax added at checkout  
\* The payment for CDP classes is a one time payment made at the start of the year

Member Type	RDP	CDP
Inclusive	\$0.00	\$150.00
Core	\$71.43	\$170.00
Non-Member	\$90.48	\$190.00



# Ages 6-12

Six to twelve year olds are at a unique and important stage in their development, as they are full of curiosity, while also starting to establish their own sense of identity and independence. Our programs for this age group are designed to promote physical, social, and emotional development, while also encouraging critical thinking, creativity, and teamwork. With a focus on fun and challenging activities, we aim to engage these young individuals and foster a love of fitness and wellness that will stay with them for a lifetime.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>AQUATICS</b>							
SwimAbilities							9:00am 9:45am 10:30am
<b>NEW!</b> Swimmer 1 Intro	4:30pm				4:30pm	9:45am	
Swimmer 1	5:00pm 5:30pm	5:30pm 6:30pm	6:30pm	5:30pm 6:30pm	5:00pm 5:30pm	9:00am 10:30am	
Swimmer 2	5:30pm 6:30pm	5:00pm 5:30pm	6:30pm 7:00pm	5:00pm 5:30pm	5:30pm 6:30pm	9:30am 10:30am	
Swimmer 3	5:30pm 6:30pm	5:00pm 6:30pm	5:30pm 6:30pm	7:00pm	5:30pm 6:30pm	9:00am 10:30am 11:15am	
Swimmer 4	5:00pm	5:30pm	5:00pm	6:30pm	7:00pm	9:30am	
Swimmer 5	6:30pm	7:00pm	5:30pm	5:30pm	6:30pm	11:15am	
Swimmer 6	7:00pm	6:30pm	5:30pm	6:30pm	5:00pm	9:30am	

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# 6-12

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>FITNESS</b>							
<b>NEW!</b> Fitness Warriors					5:00pm (Jr) 6:00pm (Sr)		
<b>RECREATION</b>							
Archery	5:30pm (Jr) 6:30pm (Sr)						
Art for Kids							12:00pm
Ballet			5:00pm (Jr) 6:15pm (Sr)			11:00am (Jr RDP) 12:00pm (Sr RDP)	
Climbing	5:15pm (Lvl 1 Sr) 6:15pm (Lvl 2 Sr)	5:15pm (Lvl 2 Jr) 6:15pm (Lvl 1 Jr) 7:15pm (Lvl 3 Jr)	6:00pm (Lvl 1 Sr) 7:00pm (Lvl 2 Sr)		5:15pm (Lvl 2 Jr) 6:15pm (Lvl 3 Sr)		12:30pm (Lvl 1 Jr)
Drama							11:30am (Jr) 1:00pm (Sr)
Hip Hop		5:00pm (Sr CDP) 6:30pm (Jr CDP)				1:00pm (RDP)	
Jazz		5:00pm (Jr CDP) 5:45pm (Sr CDP)				11:00am (Sr RDP) 12:00pm (Jr RDP)	
Kids TGIF					7:00pm		
Lyrical Dance				6:30pm (Sr CDP)			
LEGO Builders				7:00pm			
Skate						2:15pm (Jr)	2:00pm (Sr)
STEM For Kids				6:00pm			

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# 6-12

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>RECREATION</b>							
Save-On-Foods Cooking for Kids		6:00pm (Jr) 7:00pm (Sr)					
Tap		5:45pm (Jr CDP)		5:30pm (Sr CDP)		1:00pm (RDP)	
<b>SPORT</b>							
<b>NEW!</b> Baseball Academy (Starts Oct)						5:30pm	
Baseball Skills & Drills (Starts Oct)		6:00pm (Girls)		6:00pm (Boys)			5:30pm (Adv COED)
Curling Skills & Drills					5:00pm		
Hockey						3:00pm	
Jr NBA Skills & Drills			5:00pm (U7) 6:00pm (U10) 7:00pm (U13)				
Martial Arts	5:00pm (<9) 6:15pm (9+) (Judo)	4:45pm (<9) 5:30pm (<9) 6:15pm (9+) (Jiu-Jitsu)	5:00pm (<9) 6:15pm (9+) (Judo)	4:45pm (<9) 5:30pm (<9) 6:15pm (9+) (Jiu-Jitsu)			
Multisport 4 Kids							2:00pm
Racquet Sports 4 Kids							3:00pm
Flag Football Skills & Drills	6:00pm (Jr) 7:00pm (Sr)						
<b>NEW!</b> Soccer Academy						10:00am	
Soccer Skills & Drills				5:00pm (Jr) 6:00pm (Sr)		12:00pm (Jr) 1:00pm (Sr)	
Volleyball Skills & Drills		5:30pm			5:00pm 6:00pm		



# TAKE A VISIT TO THE EDMONTON GARRISON COMMUNITY LIBRARY

## **Get your *FREE* Library card today!**

Residents of Lancaster Park & Sturgeon County are eligible. Simply bring in a piece of photo ID and our staff will get you set up.

*Are you a CAF member on temporary assignment to CFB Edmonton? You can still access some of our library services. Inquire for more information!*

## **Library Programs**

### **Book Club**

**First Tuesday each Month  
5:30-6:30pm**

Dive into a world of stories with fellow book lovers. Each month, we'll gather to discuss our Book of the Month, enjoying delightful refreshments and baked goods. Whether you're an avid reader or wanting to try something new, our book club welcomes everyone!

### **Parent & Tot Story Time**

**Wednesdays  
11:00-11:30am**

This program is designed to help build your child's love of reading through fun and interactive storytelling sessions. While your little ones enjoy the stories, you'll have the chance to socialize and connect with other parents and caregivers in the community.

### **Homeschool Education Explorers**

**2nd/4th Wednesday each month  
1:30-2:30pm**

Discover the answers to questions you never knew you had! This program explores new themes that encourage homeschool students to think differently about their world. Each session focuses on a specific topic and includes a related story from the library's collection, discovery questions, and a take-home activity.



**Bring home the  
fun with our  
take-home activities!**

*(While supplies last)*

**Try a library  
scavenger hunt! Find  
all the hidden items  
on your clue sheet  
and win a prize!**

*Updated biweekly!*

Check out our website!



## **Hours of Operation:**

Sun & Mon	Closed
Tues & Thurs	3pm - 8pm
Wednesday	11am - 4pm
Friday	3pm - 7pm
Sat	10am - 2pm

## **Other Library Services Available:**

- Free B&W Wireless Printing
- Free access to public computers
- Access to eResources including eBooks, CloudLibrary, Duolingo, consumer reports, and more!
- Scans to USB storage units
- ...and more!

## **Contact:**

(780) 973-4011 ext. 528-6345 or email us at  
programs@garrisonlibrary.ab.ca  
Website: garrisonlibrary.ab.ca



# Ages 13-17

The teenage years are a time of significant change, both physically and emotionally, and our programs for teens are designed to support and encourage this growth. With a focus on physical fitness, healthy lifestyle choices, and personal development, our activities help to build confidence, self-esteem, and a positive self-image. Our Rec Leaders provide a supportive and inclusive environment where every teen can feel comfortable and confident, and reach their full potential.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>AQUATICS</b>							
Jr Power Swim	7:15pm	7:00pm					
Jr Lifeguard Club					7:00pm		
Swim Patrol			7:15pm			11:00am	
Teen Lessons	7:00pm (Lvl 2)					11:00am (Lvl 1)	
<b>FITNESS</b>							
<b>NEW!</b> Youth Athlete Performance					7:00pm		
<b>RECREATION</b>							
<b>NEW!</b> Acro		6:30pm					
Ballet			5:45pm				

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13-17

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>RECREATION</b>							
Climbing			5:00pm (Lv 1)		7:15pm (Lv 4)		
Jazz				5:30pm (CDP)			
Lyrical				6:30pm (CDP)			
<b>NEW!</b> Musical Theatre				7:30pm (CDP)			
Save-On-Foods Baking				6:00pm			
Save-On-Foods Cooking				7:00pm			
Skate							2:00pm
<b>SPORT</b>							
Badminton							4:00pm
<b>NEW!</b> Baseball Academy (Starts Oct)						5:30pm	
Baseball (Starts Oct)		6:00pm (Girls)		6:00pm (Boys)			5:30pm (Adv Co-Ed)
Curling Skills & Drills					5:00pm		
Martial Arts	6:15pm (<14) (Judo)	6:15pm (<15) 7:15pm (16+) (Jiu-Jitsu)	6:15pm (<14) (Judo)	6:15pm (<15) 7:15pm (16+) (Jiu-Jitsu)			
<b>NEW!</b> Soccer Academy						10:00am	
Volleyball Skills & Drills		6:30pm			6:00pm		



Fitness and Recreation are important at all ages, even in adulthood. Movement is a way for us to stay healthy, socialize, learn new things, and challenge ourselves in different aspects. Our programs are open to anyone in the community, at any fitness level. Almost all of our programs are drop in friendly and we have a wide range of courses including spin, multisport, art, and mental health supports. **Some courses available for 16+; please ask our staff for more information.**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>AQUATICS</b>							
Adult Lessons		7:15pm (Lvl 1)		7:15pm (Lvl 2)			9:00am (Lvl 1)
AquaFit	8:15pm		8:15pm		8:15pm		
Power Swim					7:15pm		9:45am
<b>FITNESS</b>							
20/20/20	5:45pm			5:45pm			
Beast Mode		8:15pm	7:00pm				
Cardio Blast		5:45pm	5:45pm				
<b>NEW!</b> Family Fitness							2:15pm

**\*PLEASE NOTE:** No programs will be running during the following dates: Sept 30, Oct 13, Oct 31, Nov 11.  
**In the event of a discrepancy between this guide and our registration site, the site will be taken as correct.**



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# Adults

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>FITNESS</b>							
<b>NEW!</b> Movement Metrics	7:00pm						
Pilates	5:45pm						
Stretch & Mobility	7:00pm		7:00pm				
Strength 360	4:30pm	7:00pm	5:45pm	7:00pm			1:00pm
Yoga		7:00pm (Relax & Restore)		7:00pm (Yin)			
Zumba		5:45pm		5:45pm			
<b>RECREATION</b>							
Climbing	7:15pm		8:00pm (Beginner)				10:00am (Climb & Care)
<b>NEW!</b> Jazz			7:15pm (CDP)				
Skate							2:00pm
<b>SPORT</b>							
Martial Arts	7:30pm (Judo)	7:15pm (Jiu-Jitsu)	7:30pm (Judo)	7:15pm (Jiu-Jitsu)			

## Fall Featured Program: Family Fitness

Sundays 2:15pm

Family Fitness aims offer families an opportunity to stay active together. This fitness class is designed for all ages (6+) and fitness levels with progressions, regressions to individualize the workout! Led by an experienced fitness and exercise specialist, the program aims to allow for all individuals to gain confidence and competencies in completing exercises. Our instructor will lead the group through a variety of activities and workouts to keep everyone engaged.



COME ALONG FOR THE RIDE WITH 

# OUT-TRIPS!

## **Edmonton International Raceway Trip: Sept 13 (4:30-9:30pm)**

Get ready for a thrilling night with the Solo team at Edmonton International Raceway's Military Appreciation Night! Forget about those high gas prices—hop on our bus and enjoy a ride to the track. Experience the excitement of the IMCA special, Thunder Cars, and more as they zoom around the circuit.

## **Jasper Hot Springs Bus Trip: Sept 27 (6:00am Departure)**

Join us for the grand adventure of the Sulphur Skyline Trail near Miette Hot Springs. This is a popular and highly-rated hike in Jasper National Park. It's known for its stunning views and the chance to enjoy the Miette Hot Springs.

## **Marmot Basin Ski Trips: Nov 29, Dec 27 (6:00am Departure)**

We have two ski trips to Marmot Basin planned before the end of the year, and would love it if you came along and enjoyed a fun day on the slopes! We'll have a bus leaving from the Fitness Centre to and from Marmot. Registration only covers the bus trip to and from the resort. Once you arrive you must purchase your lift passes and rentals (if required).

**REGISTER TODAY!**





# Workshops

Follow us online for more info on pop-up workshops throughout the year!

@edmfitcentre

Alongside our regular weekly programs, we run a variety of workshops and one-off classes. These are a great way to try something new, or change up your workouts.

**Youth Intro to Weights (13+):** 10:45am-12:45pm Sept 20, Oct 12, Nov 9, Dec 7

This course is mandatory for youth that are interested in using the weight room. One of our PSP Personal Trainers will go through weight room rules, safety, and demonstrations of how to use all the equipment.

**Fitness Trial Classes:** Sept 2-5

This is your chance to try that fitness class you've been eyeing up before fall classes start! There will be a lot to try, including:

Zumba: Tuesday 5:45-6:45 PM

Beast Mode: Tuesday 5:45-6:45 PM

Strength 360: Wednesday 5:45 - 6:45 PM

Stretch & Mobility: Wednesday 7:00-8:00 PM

20/20/20: Thursday 5:45-6:45 PM

Yin Yoga: Thursday 7:00 - 8:00 PM

Participants that register and attend at least 3/6 classes can submit a punch card and be entered to win a prize pack!

**Pottery and Pints** 5:00-6:30pm Sept 7

This is a spin on the classic paint-and-sip, but instead of everyone painting the same picture on a canvas you will paint your own plate, bowl, or mug. This is your opportunity to get creative with your dishware and experiment with glaze. Leave your masterpiece with us and Crankpots will put it through the kiln. Come get creative and enjoy an adult night out!

**UP-LIFT Clinic Series:** 10:45am-12:45pm Sept 27 (Deadlift), Oct 19 (Squat), Nov 16 (Bench)

Unlock your full potential in the gym by learning how to lift with precision, power, and purpose. This hands-on workshop is designed for recreational lifters, fitness enthusiasts, and athletes who want to improve their weightlifting technique while gaining a deeper understanding of the biomechanics behind each movement. Led by experienced coaches and movement specialists!

**SOLO DIY Adult Workshops:** 5:00-6:30pm Sept 14, Oct 27, Nov 17

These monthly workshops are a branch of our SOLO Program with the intent of getting creative while also creating community! Class types include Cake Decorating, Moon Wreaths, and a Make-Your-Own-DIY Session!

**Dungeons & Dragons (13+):** 2:00-6:00pm (Sept 20, Oct 4, Nov 1, Dec 6)

In Dungeons & Dragons, the players form an adventuring party who explore fantasy worlds together as they embark on epic quests and level up in experience. Open to everyone age 13+.

**Pumpkin Carving:** 4:00-8:00pm Oct 24

With our partners at Prairie Gardens, we are offering you a frighteningly fun event! Visit us in the Multi-Purpose Room, transformed into a haunted haven, and carve your vision into the pumpkin of your choice. This family-friendly event equips the whole family with their own pumpkin and all the tools necessary to create your spookiest creation! Visit the Community Library for even more spooktacular activities including a costume contest, monstrous mini-games, and more!

**Quilts for Vets:** 5:00-6:30pm Nov 29

Time to put those crafting skills to charity! Join us for the Quilts for Vets session, where the group will put together a Quilt of Valour for an injured Forces member. You'll learn how to sew and use that newfound skill on a good cause.

**Santa's Workshop:** 4:00-8:00pm Dec 12

Kids ages 3+ will have a chance to shop and wrap presents for their parents in a highly secretive, no adults allowed Santa's "Workshop". There will also be a craft, cookie decorating and gingerbread house making! Registration is limited and run through designated time slots.





SCAN TO REGISTER

# Fall Fest

**FAMILY FUN, FOOD & FESTIVITIES!**

**13**  
**September**

1:00 - 4:00PM

Come to the Edmonton MFRC Fall Fest! Join us for an afternoon of family fun, food and festivities. Enjoy food trucks, balloon artists, face painting, entertainment and so much more!

**Open to: CAF, Veteran, Defence Community and their immediate families, and Families of the Fallen**

Register in person, call 780-973-4011 ext. 528-6300  
or online at [CFMWS.ca/FallFest](http://CFMWS.ca/FallFest)

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