

EDMONTON GARRISON

SUMMER 2026

Fitness Centre

COMMUNITY PROGRAM GUIDE

Condensed swim lessons are back! Learn important water literacy skills while still enjoying your summer break. (Pg 11 & 12)



FOLLOW US ONLINE!
@EDMFITCENTRE

Welcome

Thoughts from Community Recreation

Summer is finally on the horizon! We're dreaming of barbeques, fishing trips, festivals, long sunny days, and everything that comes with the absolute peak time to enjoy recreation activities to the fullest.

As of writing this, we are halfway through our spring session; so far, we've been able to enjoy the long-awaited return of Spring Break Camp, and still look forward to inspiring initiatives like Play Like a Girl and the revitalization of PLAYCARE services.

April itself is the Month of the Military Child, a special time to recognize the resilience, strength, and spirit of the children who are such an important part of our community. Supporting military families is at the heart of what we do, and seeing so many young participants learning, playing, and thriving this spring was especially meaningful..

Now, let's talk summer! June is Recreation Month, and there's no better time to celebrate all the ways recreation supports wellness, belonging, and fun. We're gearing up for a season packed with highlights - from the highly anticipated opening of our brand new skate park, to our massive Canada Day celebration, nationally top-rated summer camps, and the return of the I-REC program. Condensed swim lessons are also back after popular demand! Whether you're looking to stay active, try something new, or make memories with family and friends, there's something here for you.

Thank you for being part of our recreation community. We can't wait to spend another unforgettable summer with you!



Recreation's Commitment to the Community

From Customer Service Attendant, Rosaline Potter

Big wave and smile! Why a Smile? Because I believe in being the reason someone else smiles today.

If you ever called, emailed, or stopped by the front desk, chances are, you have already met me. I am Rose, one of the Customer Service Attendants at Edmonton Garrison Military Fitness Centre. I possess good customer service skills and an eye for detail, enabling efficient and effective front desk operations. I am one of the friendly faces who will welcome you the moment you enter the facility.

Working as a front line at the gym means making sure everyone who walks in to the facility is assisted and supported. Whether you are looking for information, signing up for gym membership, or registering for a recreation or fitness class, I am here to help - always with a smile.

Outside of work, I enjoy exploring new places and sightseeing. I enjoy relaxing by piecing together a puzzle and getting out on trails with my dog whenever the weather is not too cold. Being in the kitchen is my Zen zone, exploring new recipes and cooking comforting meals for my husband.

Being part of the military community and supporting the people who serve is something I'm truly proud of.



Memberships

Inclusive Membership

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

Child	Adult	Family
\$65/month	\$100/month	\$170/month

Core Membership

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

Child	Adult	Family
\$45/month	\$60/month	\$120/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+): \$12
Youth (3-17 yrs) & 55+: \$10
Infant (0-2 yrs): FREE
Family: \$25

Drop-in Includes Access to:

Open Climb: Thurs 5:00-9:00pm
Open Skate: Mon, Thurs, Fri 12:00-4:00pm
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 edmfittcentre@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: **528-2514**

Facilities: **528-4326**

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. 19 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 wide 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
- 3 squash courts
- Pickleball space
- 25y swimming pool
- Whirlpool
- Leisure pool
- Co-ed dry sauna
- Change rooms
- Climbing Wall
- Indoor spin room
- 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 edmfitness@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.

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. Due to a condensed summer lesson format, available times this session are:

Mon-Fri 7:00pm or 7:45pm (Two-week blocks)

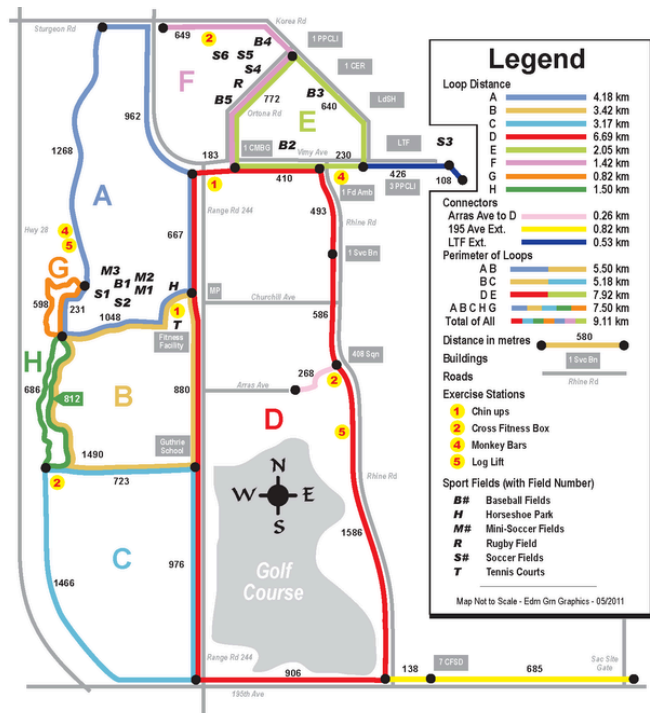
Please see pg. 11 & 12 for more information.

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 ryce.anthony@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 for program descriptions. **Inclusive members are still required to register for programs they wish to take part in.** Please note that any programs in this guide marked with a ★ are premium programs with additional fees for inclusive members.

Select your registration method: Register online at 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 **May 4, 2026** (via phone or in person only), with general registration opening **May 11, 2026**.

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 a 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 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

AQUATICS

Aquatics programs run on a two-week condensed format for the summer.
See pg. 11 & 12 for more information.

***PLEASE NOTE:** No programs will be running during the following dates: July 1, August 3.
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PRESENTS:

CANADA DAY

WEDNESDAY, JULY 1ST 2026

Valour Park & Military Vehicle Displays
Morinville Farmers' Market
Food Trucks & Inflatables
Petting Zoo
Balloon Twisters
Caricatures,
Face Painting, Hay Rides, and more!

Join us in the evening for live music & fireworks!

**Admission with a CASH donation to the
Chaplain Support & Assistance Fund*

11 AM - 3 PM

EDMONTON GARRISON FITNESS CENTRE

7 - 11 PM

EDMONTON GARRISON MEMORIAL GOLF & CURLING CLUB

IN PARTNERSHIP WITH:



PLAYCARE IS COMING BACK!

We've heard your feedback, and we can't wait to show you what we've been working on!

INFORMATION

Our new PLAYCARE features two new spaces tailored to fun for your child!

We have equipped each room with a brand new assortment of toys and activity stations to encourage imaginative play!

Put your child in PLAYCARE for up to 90 minutes while you access other services on base such as the gym, SISIP, or CANEX.

PLAYCARE lets you relax and put time towards your own physical, mental, social, and financial well being!

TESTIMONIALS

"[T]he PLAYCARE program has been helpful to myself and my children... as a homeschool mom being able to allow them some separation from me has been extremely helpful."

"Dropping off my youngest at PLAYCARE while I prioritize some much-needed exercise has been a lifeline for my mental health."

The precious child-free moments allow me to recharge, ensuring that I stay physically and mentally healthy."



PLAYCARE SURVEY

Your feedback helps us better serve the CAF Community. Complete our survey to help shape the future of PLAYCARE - and be among the first to know when it re-launches!





Ages 3-5

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
AQUATICS							
Aquatics programs run on a two-week condensed format for the summer. See pg. 11 & 12 for more information.							
FITNESS							
★ Little Fitness Warriors				4:30pm			
RECREATION							
★ Little Climbers	4:30pm	4:30pm					
Lil' Summer Wipeout		5:30pm					
SPORT							
Lil' Kickers			5:30pm				1:00pm
Lil' Putters		5:00pm					

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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!

Computers

Our library offers a bank of five public computers for patron use. These workstations provide internet access, basic software applications, and printing. Reservations and time limits may apply to ensure fair access for all. Staff are happy to assist with basic trouble shooting or questions.

new!

Our computers are now available for reservation by our patrons! If you need guaranteed access for job searching, schoolwork, online forms, or just some time to game, reserving a computer helps ensure one is ready when you arrive. Reservations can be made up to five days in advance, subject to availability. Speak with our staff for more info.

** Daily time limits may apply to ensure fair and equitable access for all visitors.*

Come explore, learn, and connect with us!

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



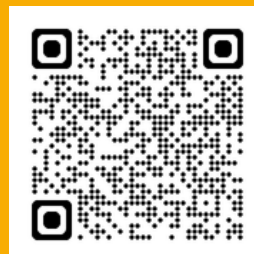
Updated biweekly!



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

(While supplies last)

Check out our website!



Hours of Operation:

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

Other Library Services Available:

- Access a wide array of books, DVDs, Blu-Rays, kits, and games
- Borrow from other libraries within the TRAC library network
 - Marigold, Peace River & Yellowhead Regional libraries included
- Free B&W Wireless Printing
- Access to eResources including eBooks, CloudLibrary, Duolingo, educational & resume resources, 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

Condensed Swimming Sessions are back for the summer!

After the success of our two-week condensed lesson schedule last year, we've brought them back! The rationale behind making this change for three two-week sessions as opposed to running a six-week session is to allow for swimmers to get 10 sessions worth of skill improvement instead of the six. This also allows for parents to plan lessons in line with family events, holidays, and other activities instead of being committed to one day a week for a session. In short, the lesson structure is designed to maximize the time learning with the students while allowing parents and guardians flexibility when it comes to planning out their summer accordingly!

Summer Session #1 - June 29-July 10 (Daily Mon-Fri)					
4:00pm	Parent & Tot	Preschool 1	Preschool 3		
	Preschool 5	Preschool 4	Preschool 2		
5:00pm	Swimmer 2	Swimmer 4	Swimmer 6	Preschool 3	Intro Swimmer 1
				Parent & Tot	Preschool 1
6:00pm	Swimmer 4	Preschool 2	Swim Patrol	Swimmer 1	Swimmer 2
	Swimmer 5	Powerswim			Preschool 5
7:00pm			Private Lessons	Swimmer 3	
8:00pm				Private Lessons	Adult 3

Summer Session #2 - July 13-24 (Daily Mon-Fri)					
4:00pm	Parent & Tot	Preschool 1	Preschool 3		
	Preschool 5	Preschool 4	Preschool 2		
5:00pm	Swimmer 2	Swimmer 4	Swimmer 1	Preschool 3	Intro Swimmer 1
				Parent & Tot	Preschool 1
6:00pm	Swimmer 5	Preschool 3	Jr. Powerswim	Swimmer 4	Swimmer 2
	Adult 2	Powerswim			Preschool 4
7:00pm			Private Lessons	Swimmer 3	
8:00pm				Private Lessons	Adult 1

Summer Session #3 - July 27-August 7 (Daily Mon-Fri)

4:00pm	Parent & Tot	Preschool 1	Preschool 3		
	Preschool 5	Preschool 4	Preschool 2		
5:00pm	Swimmer 2	Swimmer 4	Swimmer 6	Preschool 3	Intro Swimmer 1
				Parent & Tot	Preschool 1
6:00pm	Swimmer 4	Preschool 2	Swim Patrol	Swimmer 1	Swimmer 2
		Powerswim			Preschool 5
7:00pm	Swimmer 5		Private Lessons	Swimmer 3	
				Private Lessons	Adult 3
8:00pm					

Summer Session #4 - August 10-21 (Daily Mon-Fri)

4:00pm	Parent & Tot	Preschool 1	Preschool 3		
	Preschool 5	Preschool 4	Preschool 2		
5:00pm	Swimmer 2	Swimmer 4	Swimmer 1	Preschool 3	Intro Swimmer 1
				Parent & Tot	Preschool 1
6:00pm	Swimmer 5	Preschool 3	Jr. Lifeguard Club	Swimmer 4	Swimmer 2
		Powerswim			Preschool 4
7:00pm	Adult 2		Private Lessons	Swimmer 3	
				Private Lessons	Adult 1
8:00pm					

Our aquatics programming is modeled after the Lifesaving Society's Swim For Life® programs. If you are unsure which level to register in, please refer to their website for detailed information on each swim level.



(LIFESAVING.ORG)



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
AQUATICS							
Aquatics programs run on a two-week condensed format for the summer. See pg. 11 & 12 for more information.							
FITNESS							
★ Fitness Warriors				5:00pm (Jr) 6:00pm (Sr)			
RECREATION							
Archery		5:30pm					
★ Climbing	5:15pm (Lvl 1 Sr) 6:15pm (Lvl 2 Sr) 7:15pm (Lvl 3 Jr/Sr)	5:15pm (Lvl 1 Jr) 6:15pm (Lvl 2 Jr)					
Outdoor Explorers/Rangers			5:00pm (8-11) 6:00pm (12-17)				
Wipeout				6:30pm			

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6-12

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
SPORT							
Golf: Birdies	5:00pm 6:00pm						
Judo	5:00pm (<9) 6:15pm (9+)		5:00pm (<9) 6:15pm (9+)				
Soccer			6:00pm (Jr) 7:00pm (Sr)				





**EDMONTON GARRISON
SUMMER
CAMP!**



Give your kids an active summer full of fun, friendship, and memories with the ultimate Summer Camp experience!



Ages 5-12
Mon-Fri
7am-5pm



Weekly themes
 Summer Camp T-Shirt
 Field Trips
 Unit Tours
 Cultural and Physical activities
 Pool days
 ...and so much MORE!



Has your child aged out of Summer Camp and is looking for leadership opportunities?

Youth 12+ can join in the fun as I-REC Leaders, gaining work experience, certifications, and leadership skills, all while forging friendships!

Integrity
Resilience
Excellence
Camaraderie



The fun doesn't stop when summer does! I-REC Leaders will have year-round opportunities to develop their skill sets through participation in:

Evening programs, events, and future exclusive professional development opportunities!

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
AQUATICS							
Aquatics programs run on a two-week condensed format for the summer. See pg. 11 & 12 for more information.							
RECREATION							
Teen Archery		6:30pm					
★ Climbing		7:15 (Lv 1&2)					
Outdoor Rangers			6:00pm				
SPORT							
Golf: Eagles	7:00pm						
★ Judo	6:15pm (<15) (Judo)		6:15pm (<15) (Judo)				

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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
AQUATICS							
Aquatics programs run on a two-week condensed format for the summer. See pg. 11 & 12 for more information.							
FITNESS							
20/20/20			7:00pm				
Beast Mode		7:00pm	5:45pm				
Cardio Blast	5:45pm						
New! Chair Yoga		5:45pm					
HER Power			7:00pm				
Mat Pilates	5:45pm						

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Adults

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
FITNESS							
Stretch & Mobility	7:00pm						
Strength 360		5:45pm	5:45pm	5:45pm			
New! Run Club				7:00pm			
Yoga		7:00pm (Relax & Restore)		7:00pm (Yin)			
Zumba				5:45pm			

WE WANT YOUR FEEDBACK!

If you have ever taken a fitness class with us, we would like to hear from you!

We have consolidated the sessional evaluation form to allow you to comment on all of your fitness classes in one short survey. We want the whole community's input!

We are currently looking at amending fitness class times for the fall and could use your input. Thank you for helping us to enhance and refine our fitness programs!



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

@edmfitcentre

Workshops

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+): 10:00-11:30am July 11, August 15

This course is mandatory for youth that are interested in using fitness equipment and free weights, including access to the weight room, cardio mezzanine, and SE lifting corner. One of our PSP Personal Trainers will go through weight room rules, safety, and demonstrations of how to use all the equipment.

Embroidery & Clothing Repair: 5:00-6:30pm July 6

A crafty evening where you'll learn how to stitch, for repairs or for aesthetics, with some of our expert hand sewers. Whether it be holes in your favorite pair of pants or a design you love on Pinterest, come down to learn the basics and get immediate feedback on your work so far. Thread and needles will be provided for participants.

Mixology: 6:00-8:00pm July 17

Get ready to shake, stir, and sip your way through a flavor-packed adventure with the SOLO team at our Mixology workshop in the heart of the Bunker! Join us for a fun evening as we dive into the art of mixology. We will be sharing tips and tricks, ensuring you leave armed with the skills to impress!

Brewery & Distillery Tour: 11:00am-3:00pm July 25

We're running a trip to Happy Beer Street to check out some of the breweries! We're connecting with some of the local brewers to give us the low down on their brewing processes and the inside scoop on how they choose their ingredients.

Line Dancing: 5:00-6:30pm August 10

Learn from our very own Studio PSP during our Adult Line Dance Class! You're sure to have a boot scootin' good time!

Canoeing: TIME TBD August 15

Join us for a trip over to Cardiff Lake for two hours of learning how to canoe with the experts from the St Albert Canoe and Kayak Club. Learn all the different strokes, water safety, and teamwork while nestled in the beautiful outdoors. There will be time afterwards to have a picnic in the scenic Cardiff Park before we return.

Toutons: 5:00-6:30pm August 17

Toutons are a traditional Newfoundland recipe involving fried bread dough mixed with sweet or savory toppings. We've seen it all: molasses, bacon and cheese, eggs and baked beans have been stacked on this classic. Come learn everything you need to make this your morning staple.

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!

LEAGUES ARE BACK FOR THE SUMMER!
CONTACT MATETICH.ALYSSA@CFMWS.COM FOR MORE INFO.

PSP SLO-PITCH LEAGUE



MAY 28TH - AUG 27TH*

THURSDAY GAMES

6:00 PM - 8:30 PM**

KICKOFF
MAY 23RD



WRAP UP
SEP 5TH

PSP BEACH VOLLEYBALL LEAGUE



JUL 2ND - AUG 27TH

THURSDAY GAMES

6:00 PM - 7:15 PM

4V4
TEAMS

\$50 MILITARY & VETS
\$75 CORE/INC MEMBERS
\$100 NON-MEMBERS



THROUGH OUR COLLABORATION WITH THE EDMONTON ELKS, THE FIRST 50 INDIVIDUALS TO REGISTER FOR ONE OF OUR LEAGUES WILL RECEIVE 2 COMPLIMENTARY TICKETS FOR THE

SALUTE TO SERVICE

EVENT. REGISTER NOW TO TAKE ADVANTAGE OF THIS SPECIAL EVENT CLOSE TO THE CAF COMMUNITY!

\$30 MILITARY & VETS
\$60 CORE/INC MEMBERS
\$100 NON-MEMBERS

COME JOIN US ON
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