

EDMONTON GARRISON

FALL 2026

Fitness Centre

COMMUNITY PROGRAM GUIDE



FOLLOW US ONLINE!

@EDMFITCENTRE

Welcome

Thoughts from Community Recreation

As summer begins to wind down, it's hard not to reflect on what a memorable season it has been for our community. Despite an unusually wet summer (and more than our fair share of mosquitoes!), it was inspiring to see so many people continuing to get outside, stay active, and connect with one another.

This summer brought several exciting milestones, including the grand opening of Lancaster Park's new skate park. The community came out in full force to celebrate with a BBQ, prizes, music, games, and plenty of fun. We also welcomed a new partnership between PSP Recreation and the Military Police through a positive ticketing campaign in Lancaster Park, helping encourage safe and active behaviour for our local youth. From Canada Day celebrations and summer recreational leagues to our drive-in movie night, there was no shortage of opportunities to make memories and enjoy the season together.

As we look ahead to the fall, we're excited to offer even more ways to stay active and engaged. You can join our NEW pickleball or indoor volleyball league, go on one of our many out-trips, or take part in our annual Halloween house decorating contest! You'll also be able to find us out in the community at Fall Fest, and we hope you'll stop by and say hello.

Finally, a big welcome to any CAF members and families who are newly posted to CFB Edmonton. We are thrilled to have you join our community and encourage you to explore everything our PSP team has to offer!

Thank you for being a part of our recreation community.
We look forward to seeing you at our programs and events!



Recreation's Commitment to the Community

From Lifeguard & Swim Instructor/Volunteer Extraordinaire, Logan Woodburn

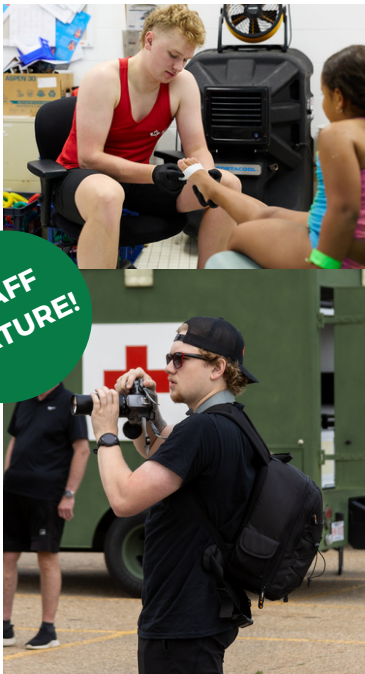
Greetings, Lancaster Park. My name is Logan Woodburn, and you can call me Aquaman if you'd like, because I love the pool and enjoy capturing your children's amazing experiences in this community.

Once upon a time, it was the summer of 2024 when I was hired on as a swim instructor and lifeguard, and all of a sudden, we time-travelled, and I have been here for two years, but you know what they say, time flies when you're having fun. Thankfully, in the two years I've been here, I haven't been dragged to the depths of the pool by any of my students!

In addition to surviving in the pool, I have taken on a volunteer role in the marketing communications department to gain experience as a marketing student. I do not know if there's anything better than doing what you are going to do for school and seeing big guns and tanks at the same time!

All jokes aside, I am so thrilled I have been able to serve the military families of Lancaster Park and work with such amazing people.

Signing out,
Logan Woodburn -(The Only Back Two Back Triple Diamond)-



STAFF
FEATURE!

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, rec programs for youth, and more! In addition, they receive member pricing on Fitness Centre services such as personal training and workshops, and a discounted rate for specialty programs.

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 & Fri 5:00-9:00pm
Open Skate: Saturdays 2:00-2:45pm
Public/Lane Swim: Various times
Open Shinny (16+): Mondays 6:00-6:45pm





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: **528-2514**

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.

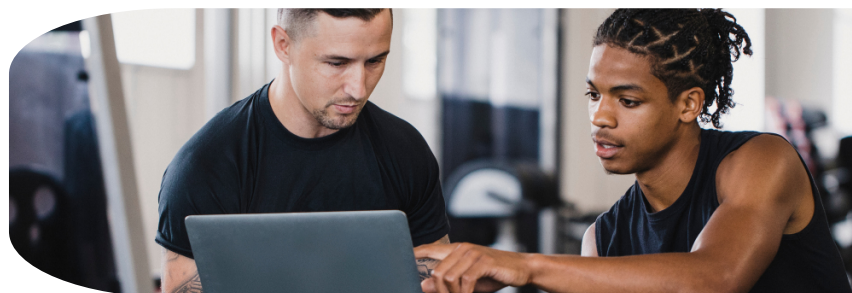


Other Services

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 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.

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 - 7:45pm **Fri - 7:30pm, 7:45pm**
Tues - 7:45pm **Sat - 11:45am**
Wed - 7:30pm **Sun - 11:45am**

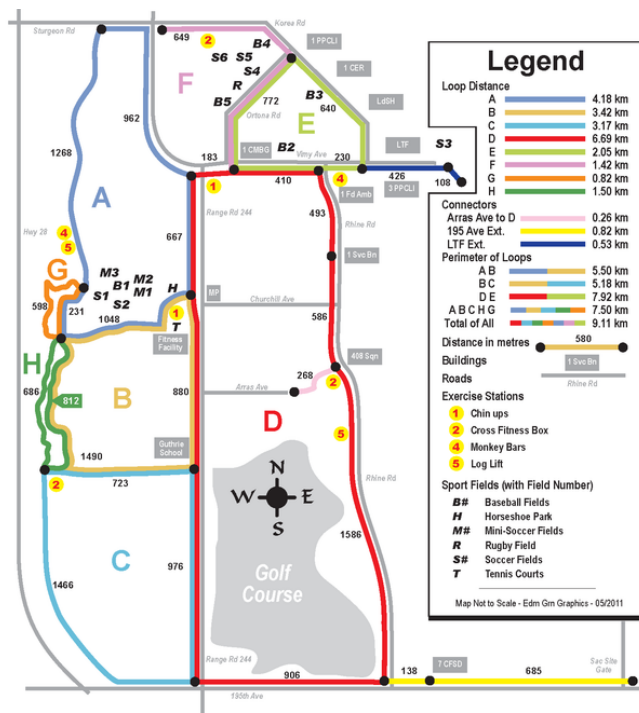
Please see pg. 11 & 12 for more information.

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 kantoch.krzysztof@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 **August 10, 2026** (via phone or in person only), with general registration opening **August 17, 2026**. Fall programs start the week of **September 14th**.

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							
Parent & Tot	4:30pm 5:45pm	5:00pm 5:45pm	4:30pm 5:00pm	4:30pm	4:30pm	10:45am	10:45am
RECREATION							
Parent & Littles Movement (Ages 0-5)							3:15pm

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PLAYCARE

PLAYCARE is coming back, and will feature 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!



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							
Preschool 1	4:30pm	5:00pm	5:45pm	4:30pm	5:00pm	9:15am 11:45am	12:00pm
Preschool 2	5:00pm 5:45pm	4:30pm 5:45pm	4:30pm	5:00pm	5:45pm	10:45am 11:45am	10:00am
Preschool 3	4:30pm 6:15pm	4:30pm 6:30pm	4:30pm	5:00pm	4:30pm 5:00pm	11:15am	10:45am
Preschool 4	5:00pm	4:30pm 6:30pm	5:00pm 6:15pm	4:30pm 6:30pm	4:30pm 6:15pm	8:45am 11:15am	10:00am 12:00pm
Preschool 5	5:00pm			6:00pm	5:00pm		11:45am
FITNESS							
★ Little Fitness Warriors					4:30pm		
RECREATION							
Art & Me							12:00pm

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3-5

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
RECREATION							
Drama & Me							12:30pm
LEGO Builders				5:30pm			
★ Little Climbers	4:30pm	4:30pm					1:15pm
Parent & Littles Movement (0-5y)							3:15pm
★ Preschool Skate						2:15pm	2:00pm
Save-On-Foods Cooking & Me		5:00pm					
★ STEM & Me				5:00pm			
SPORT							
Little Athletes	5:00pm						
Little Ballerz							2:00pm
Little Kickerz							1:30pm
Little Tikes Football	5:30pm						

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!

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.



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!

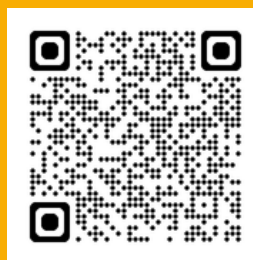
**Try a library
scavenger hunt!
Find all the hidden
items on your clue
sheet and win a
prize!**



Updated biweekly!



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
information@garrisonlibrary.ab.ca
Website: garrisonlibrary.ab.ca



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
AQUATICS							
Swimmer 1 Intro						9:45am	
Swimmer 1	5:30pm 6:15pm 6:30pm	5:00pm 6:30pm	5:30pm 6:30pm	5:00pm	5:30pm 6:30pm	9:00am	11:15am
Swimmer 2	5:00pm 7:00pm	5:30pm 7:15pm	5:00pm 6:30pm	5:30pm 6:30pm	7:15pm	9:45am 11:15am	10:00am
Swimmer 3	5:30pm 6:30pm 7:15pm	5:30pm 7:00pm	5:30pm 7:15pm	5:30pm	5:30pm	9:00am	11:00am
Swimmer 4	5:00pm 7:15pm	5:00pm	6:30pm 7:15pm	7:15pm		9:45am	10:00am
Swimmer 5	5:30pm 6:30pm	7:15pm	7:15pm	6:30pm	5:30pm 7:00pm	9:00am	
Swimmer 6	7:15pm	6:30pm	6:45pm		5:00pm 6:30pm	9:45am	11:15am

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6-12

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
FITNESS							
★ Fitness Warriors					5:15pm (Jr) 6:15pm (Sr)		
RECREATION							
Archery	5:30pm (Jr) 6:30pm (Sr)						
Art for Kids							1:00pm
★ Climbing	5:15pm (Lvl 1 Sr) 6:15pm (Lvl 2 Jr) 7:15pm (Lvl 3 Sr)	5:15pm (Lvl 2 Sr) 6:15pm (Lvl 1 Jr) 7:15pm (Lvl 3 Sr)	6:00pm (Lvl 2 Sr) 7:00pm (Lvl 3 Jr)				10:15am (Lvl 2 Jr) 11:15am (Lvl 1 Sr) 12:15pm (Lvl 1 Jr)
Drama for Kids							2:00pm
Kids TGIF					7:00pm		
LEGO Builders				7:00pm			
★ Skate						3:00pm (Sr)	2:45pm (Jr)
STEM For Kids				6:00pm			
★ Save-On-Foods Cooking for Kids		6:00pm (Jr) 7:00pm (Sr)					
SPORT							
Baseball		5:00pm (Challenger) 6:00pm (Girls)		6:00pm (Boys)			4:00pm (Adv COED)
★ Hockey						2:45pm	

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6-12

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
SPORT							
★ Jr NBA Basketball 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)			
Racquet Sports 4 Kids							2:30pm
Flag Football Skills & Drills	6:00pm (Jr) 7:00pm (Sr)						
Soccer Skills & Drills							11:30am (Jr) 12:30pm (Sr)
Volleyball Skills & Drills		5:30pm (Sr)					



U7, U10, & U13 3v3 (Wednesdays)

Our Jr. NBA Basketball program is designed to introduce young athletes to the game in a fun, engaging, and development-focused environment! We focus on dribbling, passing, catching, shooting, and defense while integrating exciting play-based activities that keep kids active and engaged.

REGISTER TODAY!



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							
Jr Power Swim				7:00pm			
Jr Lifeguard Club		7:00pm			6:30pm		
Swim Patrol						10:45am	
FITNESS							
 Train to Train		6:45pm					
RECREATION							
 Climbing			4:45pm				
Save-On-Foods Teen Culinary Lab				6:00pm			
 Skate	5:30pm (Power Skate)					3:00pm	

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13-17

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
SPORT							
Badminton							3:30pm
★ PSP Baseball Academy							5:30pm
Baseball		5:00pm (Challenger) 6:00pm (Girls)		6:00pm (Boys)			4:00pm (Adv Co-Ed)
★ Jr NBA Basketball			7:00pm (U13)				
★ Martial Arts	6:15pm (<15) (Judo) 7:30pm (16+) (Judo)	6:15pm (<15) (Jiu-Jitsu) 7:15pm (16+) (Jiu-Jitsu)	6:15pm (<15) (Judo) 7:30pm (16+) (Judo)	6:15pm (<15) (Jiu-Jitsu) 7:15pm (16+) (Jiu-Jitsu)			
Volleyball Skills & Drills		6:30pm					

New Featured Program: TRAIN TO TRAIN

Designed for youth athletes ready to take their performance to the next level, Train to Train focuses on building a strong athletic foundation through strength, speed, agility, endurance, and movement training. Guided by Sport for Life principles, this class helps athletes develop proper technique, improve overall athleticism, and build confidence in a fun and supportive environment. Participants will learn how to train safely and effectively while enhancing sport-specific skills that transfer across multiple sports and activities. Ideal for developing athletes looking to improve performance, prevent injury, and build lifelong training habits.

REGISTER TODAY!



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							
Adult Lessons	7:15pm (Lvl 1)			7:15pm (Lvl 2)	7:15pm (Lvl 1)	10:30am (Lvl 2)	11:00am (Lvl 3)
Power Swim			5:00pm				
FITNESS							
20/20/20				7:00pm			
Beast Mode	6:30pm	5:45pm					
Cardio Blast			5:15pm				
★ Elevate Powerlift Clinic				5:45pm			
HER Power			5:15pm				

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Adults

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
FITNESS							
Pilates	5:15pm				5:15pm		
Stretch & Mobility	6:30pm		6:30pm				
Strength 360	5:15pm	7:00pm	6:30pm	5:45pm	6:30pm		
Yoga		5:45PM (Hatha) 7:00pm (Relax & Restore)		7:00pm (Yin)			
Zumba				5:45pm			
RECREATION							
★ Climbing			8:00pm				
SPORT							
★ Martial Arts	7:30pm (Judo)	7:15pm (Jiu-Jitsu)	7:30pm (Judo)	7:15pm (Jiu-Jitsu)			

COME ALONG FOR THE RIDE WITH **OUT-TRIPS!**



Edmonton International Raceway: September 12

Get ready for a thrilling night with the Solo team at Edmonton International Raceway's Military Appreciation Night!

K3 Fields of Scream: Date TBD

Join us for a spooky night at the K3 Field of Screams, a haunted corn maze recommended for teens and adults.

Marmot Basin Ski Trips: November 28, December 27

We have two ski trips to Marmot Basin planned before the end of the year, and would love if you came and enjoyed a fun day on the slopes!



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

@edmfittcentre

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+): 5:00-6:30pm October 2, November 13, December 11

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.

Dungeons & Dragons (13+): 2:00-6:00pm (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+.

Pottery & Pints: 5:00-7:00pm September 14

This is a fun, relaxed workshop where participants can get creative while enjoying a beverage. You'll learn basic pottery techniques and paint your own piece in a social, laid-back setting. No experience needed—just bring your creativity and enjoy a night of hands-on art and good company.

How to Pickle: 5:00-7:00pm September 21

Learn the basics of pickling in this hands-on workshop, including simple techniques, key ingredients, and food safety, while creating your own preserved foods.

How to Change a Tire: 5:00-7:00pm October 5

This hands-on workshop teaches participants how to safely and confidently change a flat tire. Through step-by-step guidance and practical experience, participants will learn to use tools like a jack and lug wrench, follow proper safety practices, and install a spare tire correctly.

Gluten Free Bread Making: 1:00-4:00pm October 18

In this class we will be learning how to make homemade gluten-free bread with a professional Baker from "The Flakery". Leave with the skills to bake at home, plus a goodie bag with a sourdough starter, dough whisk, and bread mix.

Pumpkin Carving: 4:00-8:00pm October 30

With our partners at Prairie Gardens, we are offering you a frighteningly fun event! The Multi-Purpose Room will be transformed into a haunted haven where you can carve the pumpkin of your choice. Visit the Community Library for even more spooktacular activities including a costume contest, monstrous mini-games, and more!

Watercolour Poppy Bookmark Making: 5:00-7:00pm November 2

Create beautiful hand-painted poppy bookmarks in this guided watercolour workshop.

Wood Burning Hanging Ornaments: 5:00-7:00pm November 16

This class we'll be getting crafty and getting our wood burning tools out!

How to Make Fabric Garland: 5:00-7:00pm December 2

Create your own custom fabric garland in this hands-on workshop. Learn simple tying, and design techniques to craft a decorative piece perfect for home décor or special occasions. No experience needed, just bring your creativity!

Santa's Workshop: 4:00-7:30pm December 11

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.

NEW PSP REC LEAGUES

PSP CO-ED PICKLEBALL LEAGUE *Sundays

Escape the cold and enjoy a fun and social pickleball league! Players will pair with a new teammate each week based on skill level, creating balanced matchups. Meet new players, improve your game, and compete in balanced weekly matchups throughout the season. This league will also feature a Learn to Play Pickleball session with a NCCP Certified Coach to give all players a jumpstart to the game.

PSP CO-ED VOLLEYBALL LEAGUE *Fridays

Serve, set, and spike your way through the season in our co-ed volleyball league. Whether you're an experienced player or just looking to stay active, enjoy weekly games, teamwork, and exciting competition.

PSP 3V3 BASKETBALL LEAGUE *Saturdays

Experience fast-paced, action-packed basketball in our 3v3 league. Teams compete weekly in a fun and competitive environment that emphasizes teamwork, skill, and friendly rivalry

***Days and times may be subject to change depending on how many registrations there are. If you have any questions, reach out to:**
Matetich.Alyssa@cfmws.com

INCLUDED IN ALL LEAGUES:

- Inclusive Leagues Open To All Individuals
- Awards and Prizes During the Season
- Exclusive Military Pricing
- Individual/Team Season Standings
- Year-End Championship Tournament
- End-of-Season Prizes

THANK YOU TO OUR LEAGUE SPONSORS

