

EDMONTON GARRISON

SPRING 2026

# Fitness Centre

## COMMUNITY PROGRAM GUIDE

A large, semi-transparent background photograph shows a group of children in a gymnasium. In the foreground, a young girl with blonde hair, wearing a pink shirt, is smiling and looking down. Behind her, another child in a red hoodie is laughing. Other children are visible in the background, some in purple and red clothing. The scene suggests a fun, active environment.

Get ready to play,  
explore, and  
discover; Spring &  
Summer, and  
Hockey Camps are  
just around the  
corner! (Pg. 15, 16, 18)



FOLLOW US ONLINE!  
@EDMFITCENTRE

# Welcome

## Thoughts from Community Recreation

As we wrap up our winter session, we can't help but think about how much it has been feeling like spring already. We hope that everyone has been taking advantage of the great weather to get outside and get active! The unusually warm weather gave us plenty of bright days to enjoy our Family Day event, hit the slopes on our ski trips, and cheer on participants in EX STRONG CONTENDER and EX RELENTLESS WARRIOR. It's been a busy season, and we're grateful to everyone who joined us.

Now, as true spring finally approaches, we can't wait to share what's ahead. One of the most anticipated highlights is the grand opening of our brand-new skate park; it will be a vibrant new space for riders of all ages and skill levels. We're also excited to bring back a few community favourites, including the revival of Spring Break Camp and the return of PLAYCARE services for our littlest visitors.

Looking further ahead, keep an eye out for registration opening for our spring leagues and summer camps; these are always a sign that longer days and outdoor fun are on the horizon. And this spring, we're proud to partner once again with Sturgeon County for our annual Play Like a Girl workshop, an empowering event that continues to inspire confidence and creativity in young girls across our community.

Thanks for being part of our recreation community. We can't wait to share a spring full of growth and connection with you!



## Recreation's Commitment to the Community

From Community Recreation Supervisor, Krzysztof Kantoch

My name is Krzys, I'm the Community Recreation Supervisor for the specialties programs, which means I'm overseeing Studio PSP, the skate programs, the climbing programs, and the SOLO program.

I like to think I'm an outdoorsy fella, and my current chosen methods for getting out there are:

- Falling over the handlebars on my bike and breaking a helmet
- Breaking my ankle on a lead climbing route
- Breaking my thumb, nose, and brain in a ski crash
- Rolling my other ankle on an Ultra marathon
- Camping in the middle of berry bushes in bear country

When I'm not making and losing memories, I'm excited to build community where we live, work, and play. I've learned a lot through my own injuries and poor decision making, and so I'm giddiest about projects that make sure spaces are safe and inclusive. I get excited about helping our staff deliver our experiences to our participants and giving them the tools to succeed here.

We have an abundance of really talented staff across our programs, and it's been a pleasure to support them and help our community engage with their experience and personalities.

Yours truly in perennial pursuit of type 3 fun,  
Krzys

# 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

## 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:**

**Drop-in Pickleball:** Fri 6:00-9:00pm

Sat 9:00am-12:00pm

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

**Open Skate:** Sun 2:45-3:30pm

**Open Shiny:** Mon 5:30-7:00pm

**Public/Lane Swim:** Various times

## 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!





# 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  
T0A 2H0

## Contact Us

For all inquiries, please email us at [edmficentre@cfmws.com](mailto:edmficentre@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 a 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
- 4 squash courts
- 3 pickleball courts
- 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

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

## Other Facilities

## 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.

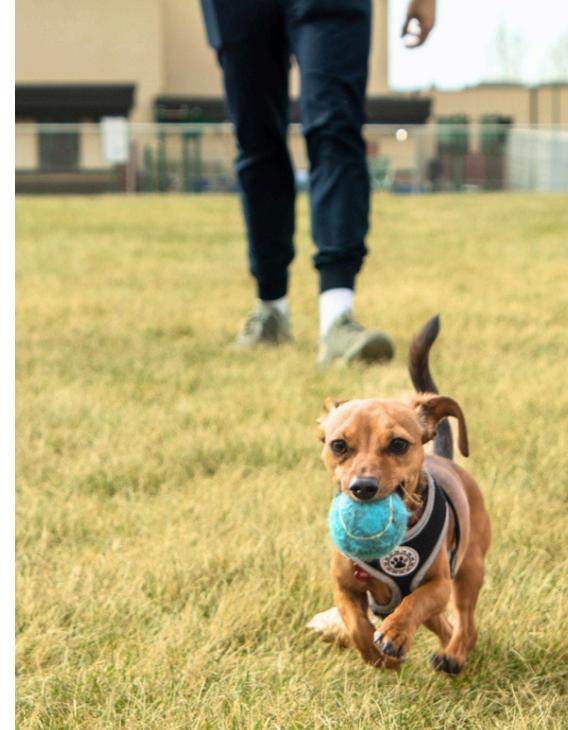
### Shooting Club

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](http://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 [edmfitcentre@cfmws.com](mailto:edmfitcentre@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: 7:45pm**  
**Tuesdays: 7:45pm**  
**Wednesdays: 6:15pm, 7:30pm, 7:45pm**

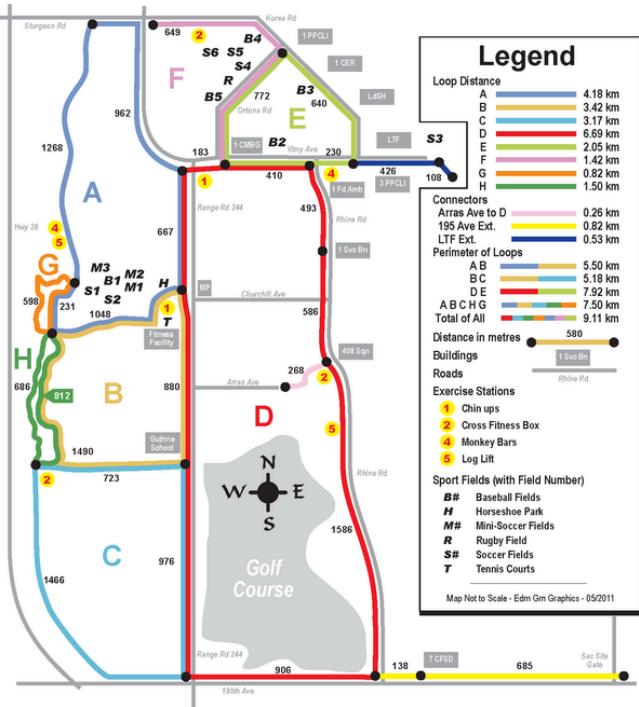
**Thursdays: 7:45pm**  
**Fridays: --**  
**Saturdays: 9:30am, 11:30am**  
**Sundays: 11:30am**

## 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 [venema.joshua@cfmws.com](mailto:venema.joshua@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.** 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](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 **February 23, 2026** (via phone or in person only), with general registration opening **March 2, 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](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 5:45pm	4:30pm 5:00pm	4:30pm	9:30am 11:30am
<b>RECREATION</b>						
Parent & Tot Dance					9:30am	
Parent & Littles Movement (Ages 0-5)						3:15pm

**\*PLEASE NOTE:** No programs will be running during the following dates: Apr 3-6, May 18.  
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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!

# PLAYCARE

is coming back, bigger and better than before!

Help us shape the future of this service  
by filling out our survey.  
Participants will be among the first to know  
when PLAYCARE is ready to re-launch!



## Choose party planners for your next celebration!

Celebrate with ease! Our Party Planners are here to help you create a fun, stress-free event with a variety of themed party packages perfect for birthdays, team wind-ups, and more. We take care of the activities and the cleanup so you can enjoy the moment.

### Hosting your own unit/special event?

We also offer party game and equipment rental services!

For more information, contact Josh at  
[venema.joshua@cfmws.com](mailto:venema.joshua@cfmws.com)





# 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
<b>AQUATICS</b>							
Preschool 1/2	4:30pm 5:00pm 5:45pm	4:30pm 6:00pm 6:30pm	5:00pm 6:15pm	4:30pm	5:00pm 6:30pm	8:45am 9:30am 11:00am	10:15am 11:30am
Preschool 3	4:30pm 6:15pm	4:30pm	4:30pm	6:00pm	4:30pm 5:00pm 6:00pm	10:00am 11:00am	11:00am
Preschool 4	5:00pm 6:15pm	4:30pm 5:45pm 6:30pm	4:30pm	4:30pm 6:30pm	4:30pm 6:00pm	8:45am 10:00am	11:30am
Preschool 5	5:00pm	5:00pm 6:30pm	5:00pm	5:00pm 6:00pm	5:00pm	11:30am	11:00am
<b>FITNESS</b>							
Little Fitness Warriors					4:30pm		
<b>RECREATION</b>							
New! Acro & Me						10:15am	

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3-5

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>RECREATION</b>							
Art & Me							12:00pm
Ballet & Me			5:00pm	5:00pm			
Dance & Me				5:00pm			
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						1:30pm	2:00pm
Save-On-Foods Cooking & Me		5:00pm					
STEM & Me				5:00pm			
Tap & Me						10:15am	
<b>SPORT</b>							
Little Athletes	5:00pm						
Little Ballerz							1:30pm
Little Kickerz							1:00pm
Little Tacklers	5:30pm						

# 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!

### 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.

## 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 troubleshooting or questions.

Explore, learn and connect with us!



**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:

Mon	Closed
Tues & Thurs	3pm - 8pm
Wednesday	11am - 4pm
Friday	3pm - 7pm
Sat & Sun	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](mailto:programs@garrisonlibrary.ab.ca)  
Website: [garrisonlibrary.ab.ca](http://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
<b>AQUATICS</b>							
SwimAbilities							9:00am
Swimmer 1 Intro				6:30pm	6:30pm	11:30am	
Swimmer 1	5:30pm 6:30pm	5:00pm 6:30pm	5:30pm	5:00pm	5:30pm 6:30pm	8:45am 10:15am	
Swimmer 2	5:00pm 7:00pm	5:30pm 7:15pm	5:00pm 6:30pm	5:30pm 6:30pm	7:15pm	8:45am 10:45am	10:45am
Swimmer 3	5:30pm 6:30pm 7:15pm	5:30pm 7:00pm	5:30pm 7:15pm	5:30pm 7:00pm	5:30pm 7:00pm	10:15am	10:15am
Swimmer 4	5:00pm 7:15pm	6:30pm	6:30pm	7:15pm	6:30pm	9:15am 10:15am	10:45am
Swimmer 5	6:30pm 7:15pm	7:15pm	7:15pm	6:30pm	5:30pm 7:15pm	8:45am	11:30am
Swimmer 6	5:30pm	5:00pm 7:15pm	6:45pm	5:00pm	5:00pm 6:30pm	9:15am	

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**6-12**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>FITNESS</b>							
Fitness Warriors					5:00pm (Jr) 6:00pm (Sr)		
<b>RECREATION</b>							
Archery	5:30pm (Jr) 6:30pm (Sr)						
Art for Kids							1:00pm
Ballet						11:00am (Jr) 12:00pm (Sr)	
Climbing	5:15pm (Lvl 1 Sr) 6:15pm (Lvl 2 Sr) 7:15pm (Lvl 3 Sr)	5:15pm (Lvl 2 Jr) 6:15pm (Lvl 1 Jr)	6:00pm (Lv 3 Jr) 7:00pm (Lv 2 Sr)				11:15am (Lvl 1 Sr) 12:15pm (Lvl 1 Jr)
Drama for Kids							2:00pm
Acro						1:00pm	
Jazz						11:00am (Sr) 12:00pm (Jr)	
Kids TGIF					7:00pm		
LEGO Builders				7:00pm			
Skate						2:15pm (Jr) 3:15pm (Sr)	
STEM For Kids				6:00pm			
Save-On Foods Cooking for Kids		6:00pm (Jr) 7:00pm (Sr)					
Tap						1:00pm	

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**6-12**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>SPORT</b>							
Baseball (4-5 week session)		6:00pm (Girls)		6:00pm (Boys)		4:00pm (Challenger)	5:30pm (Adv COED)
Hockey							2:45pm
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)			
Multisport 4 Kids							2:00pm
Racquet Sports 4 Kids							3:00pm
Flag Football Skills & Drills	6:00pm (Jr) 7:00pm (Sr)						
PSP Soccer Academy						10:00am	
Soccer Skills & Drills						12:00pm (Jr) 1:00pm (Sr)	
Volleyball Skills & Drills		5:30pm			5:30pm		



**U7, U10, & U13 3v3 (Wednesdays)**

**REGISTER TODAY!**

# EDMONTON GARRISON SPRING BREAK CAMP 2026

Come join us for Spring Break Camp 2026 where creativity meets activity!

Make new friends, be active, and have fun!



**JOIN US FOR FUN & PLAY!**



**March 23-27 • Ages 5-12 Years • 7am-12pm**  
**Registration Opens Feb 09 & 13**

## MAY 30

Edmonton Garrison  
Fitness Centre

**Ages 6-9 9am-1pm**

**Ages 10-17 12-4pm**

**\$5**

1 in 3 girls leave sport by adolescence.  
We want to keep girls active.

*Play like a*

# GIRL

In partnership with:





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



**SPORTS  
CRAFTS  
SWIMMING  
EXPLORATION  
ART  
STEM**

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



**Ages 6-12  
Mon-Fri  
7am-5pm  
in July &  
August**

**Weekly themes  
Field Trips  
Unit Tours  
Cultural and Physical activities  
Pool days  
...and so much MORE!**



**ALBERTA CAMPING  
ASSOCIATION**  
ACCREDITED CAMP



The best way to play™



# 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
<strong>AQUATICS</strong>							
Jr Power Swim				7:00pm			
Jr Lifeguard Club		5:00pm					
Swim Patrol		7:00pm				11:00am	
<strong>RECREATION</strong>							
★ Climbing		7:15 (Lv 1)	4:45pm (Lv 2)				
★ Save-On-Foods Teen Culinary Lab				6:00pm			
★ Skate						3:15pm	

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13-17

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>SPORT</b>							
Badminton							4:00pm
PSP Baseball Academy						5:30pm	
Baseball		6:00pm (Girls)		6:00pm (Boys)		5:30pm (Challenger)	5:30pm (Adv Co-Ed)
Jr NBA Basketball			7:00pm (U13)				
Martial Arts	6:15pm (<15) (Judo) 7:30pm (16+) (Judo)	6:15pm (<15) 7:15pm (16+) (Jiu-Jitsu)	6:15pm (<15) (Judo) 7:30pm (16+) (Judo)	6:15pm (<15) 7:15pm (16+) (Jiu-Jitsu)			
Soccer Academy						10:00am	
Volleyball Skills & Drills		6:30pm					
Teen Volleyball Rally Ready					6:30pm		

# CHARLIE ROMEO HOCKEY CAMP

- Ages 14-16
- Play Level A or higher .
- Priority Registration March 9th
- Military/Veteran Discount





# Adults

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	7:00pm (Lvl 1)		7:00pm (Lvl 1)	7:15pm (Lvl 3)	5:00pm (Lvl 2) 7:15pm (Lvl 1)	10:45am (Lvl 2)	10:15am (Lvl 3)
AquaFit	8:00pm				8:00pm		
Power Swim			5:00pm				
<b>FITNESS</b>							
20/20/20	5:45pm			5:45pm			
Beast Mode			7:00pm				
Cardio Blast		5:45pm					
Family Fitness						2:15pm	
HER Power			5:45pm				

**\*PLEASE NOTE:** No programs will be running during the following dates: Apr 3-6, May 18.

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>							
Pilates	5:45pm						
Stretch & Mobility	7:00pm		7:00pm				
Strength 360	7:00pm	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			8:00pm (Beginner)				10:00am (Beginner)
<b>SPORT</b>							
 Martial Arts	7:30pm (Judo)	7:15pm (Jiu-Jitsu)	7:30pm (Judo)	7:15pm (Jiu-Jitsu)			

## GET YOUR GAME ON! UPCOMING LEAGUES:

- Beach Volleyball
- Indoor Volleyball
- Slo-Pitch
- Pickleball

Any league inquiries, please contact  
[Venema.Joshua@cfmws.com](mailto:Venema.Joshua@cfmws.com)





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+): 7:00-8:30pm April 10, May 15, June 12**

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 (April 11, May 2, June 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+.

## **Gluten Free Bread Making: 5:00-6:30pm April 8**

This is your chance to make a loaf of bread with just your hands! We will mix, knead, and bake, at the end of class you'll get to take home a loaf ready to bake, and sample some freshly made homemade gluten-free bread.

## **Wood Burned Garden Stakes: 5:00-6:30pm April 17**

It's time to get crafty! Spend some time getting excited for gardening season and write your intentions, labels, or anything else you'd like to onto some garden stakes to help plan and energize your growing season.

## **Candy Gummy Making: 5:00-6:30pm May 11**

Make a variety of gummies from scratch! Learn what it takes to make your own candies in different shapes and flavours.

## **Car Class: Fluids & Tires: 5:00-6:30pm May 27**

In partnership with the Edmonton Garrison Auto Shop, this class focuses on the basics of car maintenance. Learn about the various fluids in your vehicle, what they do, and basic upkeep steps to help the longevity and safety of your vehicle. We will also go over how to change the tires of your vehicle and how to use a spare tire.

## **Play Like a Girl: 9:00am-1:00pm (Ages 6-9), 1:00-5:00pm (Ages 13-17) May 30**

We are thrilled to once again be partnering with Sturgeon County to deliver the Play Like a Girl program (formerly GO Girl), an energy packed half day event! Come and be a part of the action and join girls and female-identifying individuals from all over the County in an opportunity to participate in a variety of sports led by practitioners from local organizations. Registration is only \$5 and includes lunch! (Register at [www.sturgeoncounty.ca/recreation-activities/program-registration/](http://www.sturgeoncounty.ca/recreation-activities/program-registration/))

## **Macrame: 5:00-6:30pm June 8**

Macrame uses knots rather than weaving and knitting techniques to put together art pieces. Originally used by sailors for anything from knife handles to parts of ships, it's now used extensively to decorate homes the world over.

## **Pasta Making: 5:00-6:30pm June 25**

This class will go over how to make pasta from scratch. From flour, eggs, and salt to rolling noodles to share with your family and friends, we'll go over all the basics!

COME ALONG FOR THE RIDE WITH 

# OUT-TRIPS!

## **Cheesery Trip: April 25**

Come with us to a cheesery to see what it takes to make some cheese! Get a tour with some of their cheese making experts, and have a taste of what they have to offer.

## **Jasper Hot Springs Bus Trip: May 30**

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.

## **Folding Mountain Brewery: June 27**

We're headed to Jasper Gates! Nestled just outside of the National Park boundaries, at the foot of its namesake, there sits an idyllic assortment of accommodations and a restaurant and brewery. Come with us to explore the trails that start in the area and enjoy a meal at Folding Mountain Brewery when you get back.

**REGISTER TODAY!**





PRESENTS:

**2026**

# **CANADA DAY**

## **WEDNESDAY, JULY 1ST**

**11 AM - 3 PM**

**EDMONTON GARRISON FITNESS CENTRE**

Valour Park & Military Vehicle Displays

Morinville Farmers' Market

Food Trucks, Inflatables, Petting Zoo, Balloon Twisters, Caricatures,

Face Painting, Hay Rides, and more!

**7 - 11 PM**

**EDMONTON GARRISON MEMORIAL  
GOLF & CURLING CLUB**

Live Music

Fireworks

**IN PARTNERSHIP WITH:**



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

