

ADULT FITNESS & LIFESTYLE

WESTWOOD FAMILY YMCA | JANUARY 6th – JUNE 21st

GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
Yoga - Hatha 8:10-9am (S)	Yoga - Restorative 8:10-9am (S)	Yoga - Hatha 8:10-9am (S)	Yoga - Restorative 8:10-9am (S)			
Aqua 9:15-10:15am (MP)	Cycle & Strength 9:30-10:15am (MPR)	HIIT 9:15-10:15am (MPR)	Strength 9:15-10:15am (MPR)	Yoga - Hatha 9:15-10:15am (S)	Cyclefit 9:15-10am (S)	Yoga 9:15-10:15am (S)
Step 9:15-10:15am (MPR)				Pound 9:30-10:15am (MPR)		Yoga - Prenatal 10:30-11:30am (S)
STRONG by Zumba® 10:30-11:30am (MPR)	Barre 10:30-11:30am (MPR)	Yoga & Weights 10:30-11:30am (S)	Yoga - Gentle 10:30-11:30am (S)		Yoga 10:15-11:15am (S)	
Baby & Me Fitness 11:45-12:30pm (MPR)	Aqua 10:30-11:30am (MP)		Aqua 10:30-11:30am (MP)			
	Alberta Cancer Exercise 1-2pm (MPR)		Alberta Cancer Exercise 1-2pm (MPR)			
EVENING						
Strength Total Body 6-7pm (MPR)	Cycle & Strength 6-7pm (MPR)	Aqua 6-7pm (MP)		Zumba® Toning 5:30-6:30pm (S)		
Yoga - Hatha 6-7pm (S)		Strength 6-7pm (MPR)				
		Yoga - Gentle 6-7pm (S)	Zumba® Toning 6-7pm (MPR)			
Yoga - Restorative 7:15-8:15pm (S)	Yoga - Yin 7:15-8:15pm (S)	Yoga - Restorative 7:15-8:15pm (S)	Yoga - Yin 7:15-8:15pm (S)			
Zumba® 7:15-8:15pm (MPR)	Zumba® 7:15-8:15pm (MPR)	Zumba® 7:15-8:15pm (MPR)	Zumba® 7:15-8:15pm (MPR)			
ADDITIONAL CLASSES AVAILABLE AT EAGLE RIDGE						
HIGH Fitness 9:30-10:30am (S)	STRONG by Zumba® 9:30-10:30am (S)	HIGH Fitness 9:30-10:30am (S)	Barre – Women's Only 9:30-10:30am (S)	HIGH Fitness 9:30-10:30am (S)		

RECREATIONAL SPORTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM						
7-9:30pm	7-9:30pm	7-9:30pm	7-9:30pm	7-9:30pm	3-8pm	3-8pm

(G) Gymnasium • (S) Studio • (S3) Studio 3 • (MPR) Multi Purpose Room • (FC) Fitness Centre • (MP) Main Pool • (TP) Teach Pool

Drop-In

Sign-up at Front Desk 15 minutes prior to start

Registration Required



Westwood Family YMCA
221 Tundra Drive
Fort McMurray, AB
780-790-YMCA (9622)

Hours of Operation
Monday to Friday:
Weekends:
Statutory Holidays:

4:30am-10:00pm
7:00am-9:00pm
7:00am-9:00pm

Statutory Holidays

February 17 – Family Day
April 10 – Good Friday
May 18 – Victoria Day

YMCA Registered Session Dates

Winter – January 6 to March 1
Spring I – March 2 to April 26
Spring II – April 27 to June 21

REGISTERED PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soccer 5-7Y* Soccer 7-9Y* 4:30-5:25pm			Children's Boxing 8-12Y 5-5:45pm		Gym & Swim 1-3Y (Parented) 1-2:15pm	
Basketball 5-7Y* Basketball 7-9Y* 6:30-7:25pm						

*Programs run out of the Birchwood School Gymnasium at 190 Tamarack Way

DROP-IN PROGRAMS & SERVICES

CHILDMINDING 0-12Y

Mon to Thu 9am-2pm & 5:30-8:30pm
Fri & Sat 9am-2pm
Sun 9am-12pm

KIDS' CLUB 6-12Y

Mon to Sat 9-10:30am

CHILD FITNESS 4-12Y

Yoga Kids Thursday 6-7pm
ZUMBA® Kids Tuesday 6-7pm

YOUTH CENTRE 12-17Y

Monday to Sunday 2:45-7pm

TODDLER TIME 0-5Y

Mon, Wed, Fri 1-3pm

ADDITIONAL SERVICES

YMCA DAY CAMPS 6-12Y

YMCA Day Camps are offered during all school breaks, including Teachers' Convention, PD Days and Spring Break.

Camps run from 8:30am – 4:30pm daily and include free care for a full hour and a half before and after camp starts.

Register online today!

BIRTHDAY PARTIES

Book your child's birthday party at the YMCA! Bookings include access to either the pool as well as a party room for up to 15 children!

Book online today!

CHILD SUPERVISION & ACCESS

General Guidelines:

- Children up to 8 years of age must be supervised by an adult or guardian (minimum 14 years of age) unless they are participating in a YMCA program.

Fitness Centre & Group Fitness Classes

- Children 7 years and under can access the stretching area and indoor track with active parent supervision.
- Children 8 years and older can participate in **Group Fitness** classes and require active parent supervision until age 15.
- Children 8 years and older can access the **Fitness Centre** following an orientation with a YMCA Staff or Volunteer and must display a YMCA Shoe Tag at all times. Children require active parent supervision until age 12
- Children 15 years and older are permitted full access to the Fitness Centre and do not require parent supervision.



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AQUATIC GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquafit 9:15-10:15am (MP)	Aquafit 10:30-11:30am (MP)	Aquafit 6-7pm	Aquafit 10:30-11:30am (MP)			

LANE SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	#	#	#	#	#	#
8:30am-4pm 4-7pm 7-9pm	2 1 4	8:30am-4pm 4-7pm 7-9pm	2 1 4	4:30-9:30pm 2	8:30am-9pm	2
					10:30am-3pm 3-6pm	1 2
						10:30am-6pm
						2

SWIM LESSONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Children 4:30-8pm	Children 4:30-8pm	Children 9am-3pm	Children 4:30-8pm		Children 10:30am-2:30pm	
Adult 7:25-8:10pm	Adult 7:25-8:10pm	Junior Lifeguard Club 4:30-6:30pm	Adult 7:25-8:10pm		Parented Lil' Dippers 12:40-1:10pm	
		Bronze Medallion & Bronze Cross 4:30-6:30pm			Junior Lifeguard Club 2:30-4:30pm	

MEMBER FAMILY SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am-9pm	8:30am-9pm	4:30-9pm	8:30am-9pm	8:30am-9pm	10:30am-6pm	10:30am-6pm

The Rope Swing is available during all non-swim lesson times.

Drop-In

Sign-up at Front Desk 15 minutes prior to start

Registration Required



Westwood Family YMCA
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Pool Hours of Operation

Monday to Friday*: **8:30am-9:00pm***
Weekends: **10:30am-6:00pm**
*Wednesdays: **4:30pm-9:00pm**

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ASSISTANT SWIM INSTRUCTOR VOLUNTEER 12Y+

Do you enjoy spending more time in the water than on dry land? The YMCA of Northern Alberta is seeking individuals who enjoy water and contributing to a fun-filled aquatics learning environment.

Volunteers will assist the assigned Aquatics Instructor in teaching high-quality swim lessons to children, carefully monitoring all class participants to enforce safe practices, equal time to all participants, and refer questions from parents of participants to instructors and ensure that each child is safely returned to his/her parent at the end of each lesson.

This opportunity will turn you into a YMCA certified swim instructor with the combination of our YMCA swim instructor course for ages 16+.

Prerequisites: Minimum 12+yrs and completion of volunteer documentation with criminal record check.

AQUATIC CERTIFICATIONS

The YMCA offers a variety of Aquatic Certification courses to help you develop lifesaving skills and expand your knowledge of water rescue and safety! Courses include CPR, First Aid, Bronze Star/Medallion/Cross, National Lifeguard Instructor and YMCA Swim Instructor.

Visit our website for more information!

CHILD SUPERVISION & ACCESS

Aquatic Admissions:

- Children under 8 years of age must be supervised by an adult or guardian (minimum 14 years of age) in the water within arm's reach at all times (3:1 ratio).
- Children ages 8 years and older, if unable to pass a facility swim test, must be supervised by a guardian (minimum 14 years of age) while in deep water (3:1 ratio).

PRIVATE SWIM LESSONS

Focus on the skills you want to develop during a private 30-minute lessons with an experienced instructor. Lessons are available for individuals (one-on-one) or pairs (one-on-two).

Mon, Tue, Thu 3:45-4:15pm & 8-8:30pm
Saturday 2:30-3pm

Starting as low as \$35 per lesson!

Book your lesson online!

PUBLIC SWIM

Non-member swim times and rates are available at the following times throughout the week:

Monday -Friday 8:30am-9pm*
Saturday & Sunday 10:30am-6pm

*Pool opens at 4:30pm on Wednesdays



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