

# Westwood Family YMCA (WW) / Eagle Ridge Community Centre (ER)

Program and Class Schedule | February 1-28, 2017

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY                                       |
|--|--|--|--|---|---|--|
| 8-8:50am<br>Yoga - Yin (WW-MPR)  | 8-8:50am<br>Yoga - Yin (WW-MPR)                                    | 8-8:50am<br>Yoga - Yin (WW-MPR)                        | 8-8:50am<br>Yoga - Yin (WW-MPR)  | 8:30am-4:30pm<br>◆PD Day - Feb 10◆<br>(WW-CR3) 6-12yrs  |   |  |
| 8:30am-1:30pm<br>Preschool Gym<br>(ER-LgMPR) 0-6yrs  | 8:30am-1:30pm<br>Preschool Gym<br>(ER-LgMPR) 0-6yrs                | 8:30am-1:30pm<br>Preschool Gym<br>(ER-LgMPR) 0-6yrs    | 8:30am-1:30pm<br>Preschool Gym<br>(ER-LgMPR) 0-6yrs  | 8:30am-1:30pm<br>Preschool Gym<br>(ER-LgMPR) 0-6yrs     |   |  |
| 9:15-10:15am<br>Yoga - Vinyasa (WW-MPR)  | 9:15-10:15am<br>Boot Camp (WW-MPR)                                 | 9-10am<br>Zumba (WW-MPR)                               | 9:30-10:30am<br>High Fitness (WW-MPR)  | 9-10am<br>Yoga - Yin (WW-MPR)                           | 9-10am<br>Yoga - Yin (WW-MPR)   |  |
| 9:30-10:30am<br>Arts and Crafts<br>(ER-SmMPR) 3-5yrs   | 9:30-10:30am<br>Song and Dance<br>(ER-SmMPR) 3-5yrs                | 9:30-10:30am<br>Arts and Crafts<br>(ER-SmMPR) 3-5yrs   | 9:30-10:30am<br>Song and Dance<br>(ER-SmMPR) 3-5yrs  | 9:30-10:30am<br>Parachute Games<br>(ER-SmMPR) 3-5yrs    | 9-9:45am<br>◆Arts and Crafts◆<br>(ER-SmMPR) 3-5yrs  |  |
| 9:30-10:30am<br>High Fitness (ER-S)  | 9:30-10:30am<br>Aqua - Deep (WW-Pool)                              | 9-10am<br>Aqua - Deep (WW-Pool)                        |  | 9:30-10:30am<br>High Fitness (ER-S)                     | 9:30-10:30am<br>High Fitness (ER-S)   |  |
| 9:30-10:30am<br>Aqua - Deep<br>(WW-Pool)   |  | 9:30-10:30am<br>High Fitness<br>(ER-S)                 |  |   | 9-9:45am<br>Y Active Kids (ER-MPR)<br>6-12yrs   |  |
| 10:30-11:30am<br>Step and Strength<br>(WW-MPR)   | 10:30-11:30am<br>Cardio Kickboxing<br>(WW-MPR)                     | 10:30-11:30am<br>Cycle and Strength<br>(WW-MPR)        | 10:30-11:30am<br>Cardio Kickboxing<br>(WW-MPR)   | 10:30-11:30am<br>Step and Strength<br>(WW-MPR)          | 9:45-10:30am<br>◆Sports and Games◆<br>(ER-SmMPR) 3-5yrs   |  |
| 10:30-11:30am<br>Mighty Munchkins<br>(WW-CR3) 3-5yrs   | 10:30-11:30am<br>Jr. Nature Agents<br>(WW-CR3) 3-5yrs              | 10:30-11:30am<br>All Sorts of Play<br>(WW-CR3) 3-5yrs  | 10:30-11:30am<br>Mighty Munchkins<br>(WW-CR3) 3-5yrs   | 10:30-11:30am<br>Jr. Nature Agents 3-5yrs<br>(WW-CR3)   | 10-10:45am<br>Creative Arts (ER-MPR)<br>6-12yrs   |  |
|  |  |  |  |   | 10:15-11:15am<br>Boot Camp (WW-MPR)   |  |
| 1-3pm<br>Family Play (WW-MPR)<br>All ages  | 1-3pm<br>Family Play (WW-MPR)<br>All ages                          | 1-3pm<br>Family Play (WW-MPR)<br>All ages              | 1-3pm<br>Family Play (WW-MPR)<br>All ages  | 1-3pm<br>Family Play (WW-MPR)<br>All ages               |   |  |
| 1:30-2:30pm<br>◆Sports and Games◆<br>(ER-SmMPR) 3-5yrs   | 1:30-2:30pm<br>◆Arts and Crafts◆<br>(ER-SmMPR) 3-5yrs              | 1:30-2:30pm<br>◆Sports and Games◆<br>(ER-SmMPR) 3-5yrs | 1:30-2:30pm<br>◆Arts and Crafts◆<br>(ER-SmMPR) 3-5yrs  | 1:30-2:30pm<br>◆Science Explorers◆<br>(ER-SmMPR) 3-5yrs |   |  |
| 2:45-8pm<br>Youth Centre (ER)<br>8-15yrs   | 2:45-8pm<br>Youth Centre (ER)<br>8-15yrs                           | 2:45-8pm<br>Youth Centre (ER)<br>8-15yrs               | 2:45-8pm<br>Youth Centre (ER)<br>8-15yrs   | 2:45-8pm<br>Youth Centre (ER)<br>8-15yrs                |   |  |
| 3-4pm<br>Y Supper Club (ER)<br>8-15yrs   | 3-4pm<br>Creative Arts (ER)<br>8-15yrs                             | 3-4pm<br>Y Supper Club (ER)<br>8-15yrs                 | 3-4pm<br>Creative Arts (ER)<br>8-15yrs   | 3-4pm<br>Y Supper Club (ER)<br>8-15yrs                  | 3-6pm<br>Open Gym (WW-G)<br>Not avail Feb 18  | 3-6pm<br>Open Gym (WW-G)<br>Not avail Feb 19 |
| 4:15-5:15pm<br>Dodge Ball (ER)<br>8-15yrs  | 4:15-5:15pm<br>Floor Hockey (ER)<br>8-15yrs                        | 4:15-5:15pm<br>Indoor Soccer (ER)<br>8-15yrs           | 4:15-5:15pm<br>Y Active Youth (ER)<br>8-15yrs  | 4:15-5:15pm<br>Dodge Ball (ER)<br>8-15yrs               |   |  |
| 3-8pm<br>Youth Centre (WW)<br>12-17yrs   | 3-8pm<br>Youth Centre (WW)<br>12-17yrs                             | 3-8pm<br>Youth Centre (WW)<br>12-17yrs                 | 3-8pm<br>Youth Centre (WW)<br>12-17yrs   | 3-8pm<br>Youth Centre (WW)<br>12-17yrs                  | 3-8pm<br>Youth Centre (WW)<br>12-17yrs  | 3-8pm<br>Youth Centre (WW)<br>12-17yrs       |
| 4:45-5:45pm<br>Youth Sport (WW-MPR)<br>13-17yrs  |  | 4:45-5:45pm<br>Youth Sport (WW-MPR)<br>13-17yrs        |  |   | <b>OPEN GYM NOTES:</b> <ul style="list-style-type: none"> <li>All ages welcome: (Children 12 and under require adult supervision)</li> <li>Open Gym Wristbands must be worn by all participants.</li> <li>All equipment is signed out at the membership desk.</li> <li>Indoor Shoes Only</li> <li>Members: FREE / Non Members: \$9</li> </ul> |  |
|  | 5-6pm<br>Yoga - Flow (WW-S)  | 6-7pm<br>Yoga - Lvl 3 (WW-S)                           |  |   |   |  |
| 6-7pm<br>Yoga - Flow (WW-S)  | 6-7pm<br>Cardio and Strength<br>(WW-MPR)<br><i>No class Feb 28</i> | 6-7pm<br>Strength (WW-MPR)                             | 6-7pm<br>Yoga - Flow (WW-S)  |   |   |  |
| 6-7pm<br>Zumba (ER-S)  | 6:15-7:15pm<br>Yoga - Prenatal (WW-S)                              | 6-7pm<br>Zumba (ER-MPR)                                |  |   |   |  |
|  | 6-7pm<br>Zumba (ER-S)  | 6-7pm<br>All Sorts of Play<br>(WW-CR3) 5-7yrs          |  |   |   |  |
| 7-10pm<br>Open Gym (WW-G)  | 7-10pm<br>Open Gym (WW-G)  | 7-10pm<br>Open Gym (WW-G)<br><i>Feb 1, 8</i>           | 7-10pm<br>Open Gym (WW-G)  | 7-10pm<br>Open Gym (WW-G)<br><i>Not avail Feb 17</i>    | <b>Teachers Convention Day Camp (WW)</b><br><b>Feb 27 - Mar 3</b><br>5 FULL days, 8:30am-4:30pm,<br>w/ free pre and post care!<br>Register your child(ren) now<br><b>Space available for 6-12yrs</b>  |  |
| 7:15-8:15pm<br>Zumba (WW-MPR)  | 7:15-8:15pm<br>Zumba (WW-MPR)                                      | 7:15-8:15pm<br>Zumba (WW-MPR)                          | 7:15-8:15pm<br>Zumba (WW-MPR)  |   |   |  |
| 7:15-8:15pm<br>Yoga - Lvl 3 (WW-S)   | 7:30-8:30pm<br>Yoga - Yin (WW-S)                                   | 7:15-8:15pm<br>Yoga - Flow (WW-S)                      | 7:15-8:15pm<br>Yoga - Restorative (WW-S)   |   |   |  |
| 8:30-9:30pm<br>Beginner Self Defense<br>(WW-MPR)   |  | 8:30-9:30pm<br>Beginner Self Defense<br>(WW-MPR)       |  |   | Preschool/Child/<br>Youth - (WW)  | Preschool/Child/<br>Youth - (ER)             |
| 8:30-9:30pm<br>Yoga - Restorative (WW-S)   |  | 8:30-9:30pm<br>Yoga - Restorative (WW-S)               |  |   | Adult - Westwood<br>(WW)  | Adult - Eagle Ridge<br>(ER)                  |
| 9:30-10:30pm<br>Advanced Self Defense<br>(WW-MPR)  |  | 9:30-10:30pm<br>Advanced Self Defense<br>(WW-MPR)      |  |   | Aqua Fitness<br>(WW-Pool)   | Open Gym<br>(WW-G)                           |
| <b>Play Care (Kiddie Kare) - Westwood</b><br>Drop-In: Monday-Saturday, 8:30am-1:30pm, Monday-Thursday, 5:30-8:30pm<br>Registration available for evenings only: M-Th, 5:30-8:30pm, Call 780-790-9622 |  |  | <b>Play Care (Kiddie Kare) - Eagle Ridge</b><br>Child Minding is available during ALL Fitness Classes, starting 15 minutes prior to class, and ending 15 minutes after the class ends. Block bookings required with 24 HR notice. Call 780-743-9600 to book. |   |   |  |

(ER) Eagle Ridge Community Centre • (WW) Westwood Family YMCA  
(G) Gym • (S) Studio • (C3) Classroom 3 • (MPR) Multipurpose Room • (FC) Fitness Centre

## Westwood Family YMCA:

Monday-Friday 4am-11pm  
Saturday & Sunday 7am-9pm  
Statutory Holidays 9am-7pm

## CENTRE HOURS

## Eagle Ridge Community Centre:

Monday-Friday 8:30am-9pm  
Saturday & Sunday 9am-1pm  
Statutory Holidays CLOSED



DROP-IN AND REGISTERED PROGRAMS *(reverse)*  
SPORTS AND OPEN GYM *(reverse)* | AQUATIC PROGRAMS

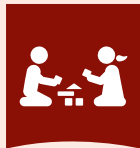
[northernalberta.ymca.ca](http://northernalberta.ymca.ca)

| Westwood Family YMCA - Aquatics   Jan 9 - Feb 25                           |                                       |                                       |                                |        |  |              |
|--|---------------------------------------|---------------------------------------|--------------------------------|--------|--|--------------|
| MONDAY   | TUESDAY                               | WEDNESDAY                             | THURSDAY                       | FRIDAY | SATURDAY                               | SUNDAY       |
| <b>Drop-in Aqua Fitness</b>  |                                       |                                       |                                |        |  |              |
| 9:30-10:30am<br>Aqua - Deep (WW-Pool)                                      | 9:30-10:30am<br>Aqua - Deep (WW-Pool) | 9-10am<br>Aqua - Deep (WW-Pool)       |                                |        |  |              |
| <b>Drop-in Swimming Lessons - Parent and Tot, Teen, Adult and Adaptive</b> |                                       |                                       |                                |        |  |              |
|  |                                       |                                       |                                |        | 10-10:30am<br>Parent and Tot (WW-Pool) |              |
|  |                                       | 12:30-1pm<br>Parent and Tot (WW-Pool) |                                |        |  |              |
|  |                                       |                                       |                                |        | 1-1:30pm<br>Adult (WW-Pool)            |              |
|  | 6:45-7:15pm<br>Teen (WW-Pool)         |                                       | 5:30-6pm<br>Adaptive (WW-Pool) |        |  | SWIM LESSONS |
|  | 8-8:30pm<br>Adult (WW-Pool)           |                                       | 7:15-7:45pm<br>Adult (WW-Pool) |        |  | AQUA FITNESS |

**WESTWOOD FAMILY YMCA POOL HOURS:**

Monday-Friday 7am-9pm | Saturday & Sunday 9am-6pm | Statutory Holidays 10am-5pm

**Teachers Convention  
Week-long Day Camp**



Coming to Westwood Family YMCA

Date: February 27 - March 3

Cost: \$180 - Member  
\$190 - Non-members (public)

5 FULL days,  
8:30am-4:30pm,  
with free pre and  
post care!

Space available for  
6-12yrs.

Register your  
child(ren) now.



**Youth Centre** *(available at  
Westwood YMCA & Eagle Ridge)*



Our drop-in zone features a wide variety of gaming systems (*ER only*-including Xbox One, PS4 and Wii U), as well as Air Hockey, Foosball, Ping Pong, a large assortment of board and strategy games, arts and DIY activities, music instruments, a karaoke machine (*ER only*), books, magazines, computers (*ER only*), and more!

Westwood hours: Sat-Sun, 3-8pm  
Eagle Ridge hours: Mon-Fri, 2:45-8pm

Cost: FREE for Members (Youth Membership is \$21.50/mth)  
Drop-in rates apply for non-members

**Fitness Consultation**

*(Formerly member connect)*



Did you know that the YMCA offers a **FREE** 45-minute individual fitness consultation included in your membership?

Certified YMCA staff and volunteers help you design a fitness program to meet your personal needs. Book your appointment today!