

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

Program and Class Schedule | March 1-31, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8-8:50am Yoga - Yin (WW-MPR)	8-8:50am Yoga - Yin (WW-MPR)	8-8:50am Yoga - Yin (WW-MPR)	8-8:50am Yoga - Yin (WW-MPR)	8:30am-4:30pm ◆PD Day - Mar 17, 31◆ (WW-CR3) 6-12yrs		
8:30am-1:30pm Preschool Gym (ER-LgMPR) 0-6yrs	8:30am-1:30pm Preschool Gym (ER-LgMPR) 0-6yrs	8:30am-1:30pm Preschool Gym (ER-LgMPR) 0-6yrs	8:30am-1:30pm Preschool Gym (ER-LgMPR) 0-6yrs	8:30am-1:30pm Preschool Gym (ER-LgMPR) 0-6yrs	9-10am Stretch - Foam Roller (WW-S) Mar 4, 25 ONLY	
9:15-10:15am Yoga - Vinyasa (WW-MPR)	9:15-10:15am Boot Camp (WW-MPR)	9-10am Zumba (WW-MPR)	9:30-10:30am High Fitness (WW-MPR)	9-10am Yoga - Yin (WW-MPR)	9-10am Yoga - Hatha (WW-S) Mar 11, 18 ONLY	
9:30-10:30am Arts and Crafts (ER-SmMPR) 3-5yrs	9:30-10:30am Song and Dance (ER-SmMPR) 3-5yrs	9:30-10:30am Arts and Crafts (ER-SmMPR) 3-5yrs	9:30-10:30am Song and Dance (ER-SmMPR) 3-5yrs	9:30-10:30am Parachute Games (ER-SmMPR) 3-5yrs	9-9:45am ◆Arts and Crafts◆ (ER-SmMPR) 3-5yrs	
9:30-10:30am High Fitness (ER-S)	9:30-10:30am Aqua - Deep (WW-Pool)	9-10am Aqua - Deep (WW-Pool)		9:30-10:30am High Fitness (ER-S)	9:30-10:30am High Fitness (ER-S)	
9:30-10:30am Aqua - Deep (WW-Pool)		9:30-10:30am High Fitness (ER-S)			9-9:45am Y Active Kids (ER-MPR) 6-12yrs	
10:30-11:30am Step and Strength (WW-MPR)	10:30-11:30am Cardio Kickboxing (WW-MPR)	10:30-11:30am Strength- Length and Lift (WW-MPR)	10:30-11:30am Cardio Kickboxing (WW-MPR)	10:30-11:30am Step and Strength (WW-MPR)	9:45-10:30am ◆Sports and Games◆ (ER-SmMPR) 3-5yrs	
10:30-11:30am Mighty Munchkins (WW-CR3) 3-5yrs	10:30-11:30am Jr. Nature Agents (WW-CR3) 3-5yrs	10:30-11:30am All Sorts of Play (WW-CR3) 3-5yrs	10:30-11:30am Mighty Munchkins (WW-CR3) 3-5yrs	10:30-11:30am Jr. Nature Agents 3-5yrs (WW-CR3)	10-10:45am Creative Arts (ER-MPR) 6-12yrs	
1-3pm Family Play (WW-MPR) All ages	1-3pm Family Play (WW-MPR) All ages	1-3pm Family Play (WW-MPR) All ages	1-3pm Family Play (WW-MPR) All ages	1-3pm Family Play (WW-MPR) All ages	10:15-11:15am Boot Camp (WW-MPR)	
1:30-2:30pm ◆Sports and Games◆ (ER-SmMPR) 3-5yrs	1:30-2:30pm ◆Arts and Crafts◆ (ER-SmMPR) 3-5yrs	1:30-2:30pm ◆Sports and Games◆ (ER-SmMPR) 3-5yrs	1:30-2:30pm ◆Arts and Crafts◆ (ER-SmMPR) 3-5yrs	1:30-2:30pm ◆Science Explorers◆ (ER-SmMPR) 3-5yrs		
2:45-8pm Youth Centre (ER) 8-15yrs	2:45-8pm Youth Centre (ER) 8-15yrs	2:45-8pm Youth Centre (ER) 8-15yrs	2:45-8pm Youth Centre (ER) 8-15yrs	2:45-8pm Youth Centre (ER) 8-15yrs		
3-4pm Y Supper Club (ER) 8-15yrs	3-4pm Creative Arts (ER) 8-15yrs	3-4pm Y Supper Club (ER) 8-15yrs	3-4pm Creative Arts (ER) 8-15yrs	3-4pm Y Supper Club (ER) 8-15yrs	3-6pm Open Gym (WW-G) not avail Mar 25	3-6pm Open Gym (WW-G)
4:15-5:15pm Dodge Ball (ER) 8-15yrs	4:15-5:15pm Floor Hockey (ER) 8-15yrs	4:15-5:15pm Indoor Soccer (ER) 8-15yrs	4:15-5:15pm Y Active Youth (ER) 8-15yrs	4:15-5:15pm Dodge Ball (ER) 8-15yrs		
3-8pm Youth Centre (WW) 12-17yrs	3-8pm Youth Centre (WW) 12-17yrs	3-8pm Youth Centre (WW) 12-17yrs	3-8pm Youth Centre (WW) 12-17yrs	3-8pm Youth Centre (WW) 12-17yrs	3-8pm Youth Centre (WW) 12-17yrs	3-8pm Youth Centre (WW) 12-17yrs
		6-7pm Yoga - Lvl 3 (WW-S)				
6-7pm Yoga - Flow (WW-S)	6-7pm Cardio and Strength (WW-MPR)	6-7pm Strength (WW-MPR)	6-7pm Yoga - Flow (WW-S)			
6-7pm Zumba (ER-S)	6:15-7:15pm Yoga - Prenatal (WW-S)	6-7pm Zumba (ER-MPR)		5:30-8:30pm ◆Night at the Y◆ (WW) 3-5yrs, 6-12 yrs March 24 ONLY		6:30-7:30am High Fitness (ER-S)
		6-7pm Aqua - Deep (WW-Pool)			<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>Youth for 13 yrs and under, and Adult times avail</li> <li>Members: FREE / Non Members: \$9</li> </ul>	
	6-7pm Zumba (ER-S)	6-7pm All Sorts of Play (WW-CR3) 5-7yrs				
7-8pm Youth Open Gym 13yrs & under (WW-G)	7-10pm Youth Open 1/2 Gym (WW-G)	7-8pm Youth Open Gym 13yrs & under (WW-G) not avail Mar 22	7-10pm Youth Open 1/2 Gym 13yrs & under (WW-G) not avail Mar 23	7-8pm Youth Open Gym 13yrs & under (WW-G) not avail Mar 24		
8-10pm Adult Open Gym (WW-G)	7-10pm Adult Open 1/2 Gym (WW-G)	8-10pm Adult Open Gym (WW-G) not avail Mar 22	7-10pm Adult Open 1/2 Gym (WW-G) not avail Mar 23	8-10pm Adult Open Gym (WW-G) not avail Mar 24	(ER) Eagle Ridge Community Centre (WW) Westwood Family YMCA (G) Gym • (S) Studio • (C3) Classroom 3 (MPR) Multipurpose Room • (FC) Fitness Centre	
7:15-8:15pm Zumba (WW-MPR)	7:15-8:15pm Zumba (WW-MPR)	7:15-8:15pm Zumba (WW-MPR)	7:15-8:15pm Zumba (WW-MPR)		<b>LEGEND</b> ◆ Registered ◆	
7:15-8:15pm Yoga - Lvl 3 (WW-S)	7:30-8:30pm Yoga - Yin (WW-S)	7:15-8:15pm Yoga - Flow (WW-S)	7:15-8:15pm Yoga - Restorative (WW-S)			
8:30-9:30pm Beginner Self Defense (WW-MPR)		8:30-9:30pm Beginner Self Defense (WW-MPR)			Preschool/Child/ Youth - (WW)	Preschool/Child/ Youth - (ER)
8:30-9:30pm Yoga - Restorative (WW-S) No Class Mar 11		8:30-9:30pm Yoga - Restorative (WW-S)			Adult - Westwood (WW)	Adult - Eagle Ridge (ER)
9:30-10:30pm Advanced Self Defense (WW-MPR)		9:30-10:30pm Advanced Self Defense (WW-MPR)			Aqua Fitness (WW-Pool)	Open Gym Adult and Youth (WW-G)
<b>Play Care (Kiddie Kare) - Westwood</b> Drop-In: Monday-Saturday, 8:30am-1:30pm, Monday-Thursday, 5:30-8:30pm Registration available for evenings only: M-Th, 5:30-8:30pm, Call 780-790-9622				<b>Play Care (Kiddie Kare) - Eagle Ridge</b> 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.		

**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 March 1-31, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Drop-in Aqua Fitness</b>						
9:30-10:30am Aqua - Deep (WW-Pool)	9:30-10:30am Aqua - Deep (WW-Pool)	9-10am Aqua - Deep (WW-Pool)				
		6-7pm Aqua - Deep (WW-Pool)				
<b>Drop-in Swimming Lessons - Parent and Tot, Teen, Adult and Adaptive</b>						
					10-10:30am Parent and Tot (WW-Pool)	
		12:30-1pm Parent and Tot (WW-Pool)				
		5-5:30pm Adaptive (WW-Pool)			1:20-2pm Teen/Adult (WW-Pool)	
		5:30-7pm Private (WW-Pool)			1:30-2:15pm Private (WW-Pool)	<b>SWIM LESSONS</b>
		7-7:30pm Adult (WW-Pool)				<b>AQUA FITNESS</b>

### WESTWOOD FAMILY YMCA POOL HOURS:

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

**PUBLIC SWIM:** We always have at least one lane open for public swim, even during lessons.

### PD Day Camps

A full day of fun while school is out!



Date: March 17, 2017  
March 31, 2017

Cost: \$40 - Member/day  
\$45 - Non-members (public)/day

Each day runs 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)*



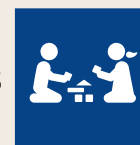
Our drop-in zone features a wide variety of gaming systems (*ER only*-including Xbox One, PS4 and Wii U), as well as Air Hockey, Foosball, Ping Pong, a large assortment of board and strategy games, arts and DIY activities, music instruments, a karaoke machine (*ER only*), books, magazines, computers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

### Night at the Y

Plan your date night now and leave the kids with us! Children will enjoy various activities, crafts and movies under the Child and Youth staff while parents can take the evening off to relax.



Date: March 24, 2017  
5:30-8:30pm

Cost: \$10 - Members  
\$15 - Non-members (public)

Age Groups: 3-5yrs  
6-12yrs