

Westwood Family YMCA

Group Fitness						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
Yin Yoga 8-9am (S)	Yin Yoga 8-9am (S)	Yin Yoga 8-9am (S)	Yin Yoga 8-9am (S)			
Aqua fit 9:15-10:15am (MP)	Cycle fit 9:15-10:15am (MPR)	HIIT 9:15-10:15am (MPR)	Group Power 9:15-10:15am (MPR)	Hatha Yoga 9:15-10:15am (S)	Cycle fit 9:15-10:00am (S)	Yoga 9:15-10:15am (S)
Step 9:15-10:15am (MPR)	Group Power 10:30-11:30am (MPR)		Gentle Yoga 10:30-11:30 am (S)	Fusion 10:30-11:30am (S)		
Strong 10:30-11:30am (MPR)	Aqua fit 10:30-11:30am (MP)	Yoga & Weights 10:30-11:30 am (S)	Aqua fit 10:30-11:30am (MP)	Circuit Training 10:30-11:30am (MPR)	Yoga 10:15-11:15am (S)	
Strength – Total Body 6-7pm (MPR)	Cycle & Strength 6-7pm (MPR)	Aqua fit 6-7pm (MP)		Zumba® Toning 5:30-6:30pm (S)	<p><i>ALL CLASSES require a sign-up tag due to popular demand; tags are made available 15 minutes prior to the start of class at the Membership desk. Once class has started, no additional tags will be given out.</i></p>	
		Group Power 6-7pm (MPR)				
Hatha Yoga 6-7pm (S)	Pre Natal-Yoga 6-7pm (S)	Power Flow Yoga 6-7pm (S)	Zumba Toning 6-7pm (MPR)			
Zumba® 7:15-8:15pm (MPR)	Yin Yoga 7:15-8:15pm (S)	Zumba® 7:15-8:15pm (MPR)	Yin Yoga 7:15-8:15pm (S)			
Restorative Yoga 7:15-8:15pm (S)	Zumba® 7:15-8:15pm (MPR)	Restorative Yoga 7:15-8:15pm (S)	Zumba® 7:15-8:15pm (MPR)			

Drop-In Programs	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Childminding 0-12 yrs.		9am-2pm 5:30-8:30pm			9am-2pm	9am-2pm	9am – 12pm
Kids Club 3-6 yrs.		9-10:30am (C1)					
Kids Yoga 5-12yrs.				6-7pm (S)			
Kids Zumba 4-12yrs.		6-7pm (G)					
Active Bounce 0-5yrs.					1-3pm (MPR) Runs on no school Fridays only		
Youth Centre 12-17yrs.				2:45-7pm (YC)			

Childminding and Kids Club are a drop-in service that are **FREE** with your child's membership and offers you the chance to utilize YMCA programs & services while your children enjoy a safe, interactive & fun environment for up to 2 hours. Please note that this service is only available while parents remain at the YMCA.

Sports & Recreation Registered Programs – Programs offered at Birchwood School						
Member Fee (\$10/session)	1-3yrs Parent Participation*	3-5yrs Parent Participation*	5-7yrs	7-9yrs	9-12yrs	12-14yrs
Basketball	Mon			7-8pm	7-8pm	
	Wed			4:30-5:30pm		
Soccer	Mon			4:30-5:30pm	4:30-5:30pm	
Volleyball	Sat			4-5pm	4-5pm	

Open Gym						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
7-9:30pm*	7-9:30pm*	7-9:30pm*	7-9:30pm*	7-9:30pm*	3-8pm*	3-8pm*

Aquatic Schedule													
Mon	Tues	Wed	Thu	Fri	Sat	Sun							
DROP IN SWIM LESSONS													
Adult Swim Lessons 7:25-8:10pm	Adult Swim Lessons 7:25-8:10pm		Adult Swim Lessons 7:25-8:10pm		Parent/Tot Lessons 12:40-1:10pm								
Volunteer Assistant Swim Instructor 4:15- 7:55pm (12yrs+)	Volunteer Assistant Swim Instructor 4:15-7:55pm (12yrs+)	Volunteer Assistant Swim Instructor 9am-3pm (12yrs+)	Volunteer Assistant Swim Instructor 4:15-7:55pm (12yrs+)		Volunteer Assistant Swim Instructor 10:15am-2:20pm (12yrs+)								
REGISTERED AQUATICS PROGRAMS													
Private Lesson 3:45-4:15pm 8-8:30pm	Private Lesson 3:45- 4:15pm 8- 8:30pm	Junior Lifeguard Club (JLC) 4:30-6:30pm	Private Lesson 3:45-4:15pm 8pm- 8:30pm		Private Lesson 2:25-2:55pm 3- 3:30pm								
<p>Looking for a job? Become a Lifeguard/Swim Instructor Today!</p> <p>Looking to Volunteer? Become an Assistant Volunteer Swim Instructors!</p>		Bronze Medallion/Cross Combo Course 4:30-6:30pm			Mermaid Swim School See front desk for class times (6-15yrs)								
CONTINUOUS SWIMMING LESSONS													
Swim Lessons (3-12yrs) 4:30-8pm	Swim Lessons (3-12yrs) 4:30pm-8pm	Swim Lessons (3-12yrs) 9am-3pm	Swim Lessons (3-12yrs) 4:30pm-8pm		Swim Lessons (3-12yrs) 10:30am-2:30pm								
LANE SWIM													
8:30am-4:15pm 4:15-8:15pm 8:15-9pm	# 2 1 2	8:30am-4:15pm 4:15-8:15pm 8:15-9pm	# 2 1 2	4:30pm-9pm	# 2 1 2	8:30-4:15pm 4:15-8:15pm 8:15-9pm	# 2 1 2	8:30am-9pm	# 2	10:30-2:30pm 3-6pm	# 1 2	10:30-6pm	# 2
<p>At least one lane is always available for member lane swim, including during YMCA Swim Lesson times. Please see the number beside the times for the number of lanes available.</p>													
ROPE SWING													
8:30am-4:15pm 8:15pm-9pm	8:30am-4:15pm 8:15pm-9pm	4:30pm-9pm	8:30am-4:15pm 8:15pm-9pm	8:30am-9pm	2:30pm-6pm	10:30am-6pm							
MAIN POOL & TOT POOL OPEN													
8:30am-9pm	8:30am-9pm	4:30pm-9pm	8:30am-9am	8:30am-9pm	10:30am-6pm	10:30am-6pm							

Preschool, Child and Youth Registered Specialty Programs			
Register online at northernalberta.ymca.ca/register			
Jr. Lifeguard Club	Wed	8-15yrs	4:30-6:30pm
Mermaid Swim School	Sat	6-15yrs	3-4pm 4:15-5:15pm
Youth Boxing - MPR	Tues / Thurs	8-12yrs	5-6pm
PD Day Camps	PD Days	6-12yrs	8:30-4:30pm

*Please check our Social Media pages for updates on hours or call (780) 790-9622 for more information

ROOM & PROGRAM LOCATIONS

(G) Gymnasium | (MPR) Multi Purpose Room | (S) Studio | (FC) Fitness Centre | (C) Classroom | (MP) Main Pool | (TP) Tot Pool | (C1) Court 1 | (YC) Youth Centre

Eagle Ridge YMCA

Group Fitness						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
High Fitness 9:30-10:30am (S)	Barre 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)	<i>ALL CLASSES require a sign-up tag due to popular demand; tags are made available 15 minutes prior to the start of class at the Membership desk. Once class has started, no additional tags will be given out.</i>	
Yin Yoga Women's Only 5:30-6:30 pm (S)						

Drop-In Programs	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Childminding 0-12 yrs.	9:15am-10:45am						
Toddler Zone 0-5 yrs.		9-12pm (MPR)		9-12pm (MPR)			
Active Bounce 0-5yrs.					9-12pm (MPR) Run on no school Fridays only		
Youth Centre 8-15yrs.	3-6pm (YC)						
Childminding and Kids Club are a drop-in service that are FREE with your child's membership and offers you the chance to utilize YMCA programs & services while your children enjoy a safe, interactive & fun environment for up to 2 hours. Please note that this service is only available while parents remain at the YMCA.							

Preschool, Child and Youth Registered Specialty Programs			
PD Day Camps	Run only on no school Fridays	5-12yrs	8:30-4:30pm (Pre & Post care included with Camp)

ROOM & PROGRAM LOCATIONS

(MPR) Multi Purpose Room | (S) Studio | (YC) Youth Centre



northernalberta.ymca.ca

WESTWOOD & EAGLE RIDGE YMCA

HEALTH, FITNESS & AQUATICS SCHEDULE

Fall Session

Sept 9 – Dec 22, 2019

Hours of Operation

Monday to Friday:

Weekends:

Holidays:

Eagle Ridge

9am-5pm

CLOSED*

CLOSED*

Westwood

4:30am-10pm

7am-9pm

9am-7pm

*Eagle Ridge is open on weekends only for Party and Facility Rentals on request

Statutory Holidays

Oct 14th – Thanksgiving Day

Nov 11th – Remembrance Day



Building healthy communities