

Westwood Family YMCA

Group Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yin Yoga 8:10-9am (S)	Yin Yoga 8:10-9am (S)	Yin Yoga 8:10-9am (S)	Yin Yoga 8:10-9am (S)	Bootcamp 9am – 10am (MPR)	Yin Yoga 9-10am (S)	Cycle fit 9:15-10:15am (MPR)
Cycle fit 9:15-10:15am (MPR)	Strength 9:15-10:15am (MPR)	Circuit Training 9:15-10:15am (MPR)	Cardio & Strength 9:15-10:15am (MPR)	Hatha Yoga 9:15-10:15am (S)	Bootcamp 10:15-11:15am (WOC)	Yin Yoga 10:15-11am (S)
Step 10:30-11:30am (S)	Aqua Fit 9:15am-10:15am	Yoga & Weights 10:30-11:30am (S)	Aqua Fit 9:15am-10:15am	Circuit Training 10:30-11:30am (MPR)		
Gentle Yoga 12-1pm (S)	Cardio Kickboxing 10:30-11:30am (MPR)		Gentle Yoga 10:30-11:30am (S)	Fusion 10:30-11:30am (S)		
		Cardio Kickboxing 6-7pm (MPR)			<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>	
Cardio & Strength 6-7pm (MPR)		Power Flow Yoga 6-7pm (S)				
Hatha Yoga 6-7pm (S)	Cycle & Strength 6-7pm (MPR)	Aqua Fit 6-7pm	MIXEDFIT 6-7pm (MPR)			
Zumba® 7:15-8:15pm (MPR)	Zumba® 7:15-8:15pm (MPR)	Zumba® 7:15-8:15pm (MPR)	Zumba® 7:15-8:15pm (MPR)	Zumba® Toning 5:30-6:30pm (S)		
Restorative Yoga 7:15-8:15pm(S)	Yin Yoga 7:15-8:15pm (S)	Restorative Yoga 7:15-8:15pm (S)	TRX 7:15-8:15pm (WOC)			

Child & Youth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DROP IN						
CHILDMINDING (Included with your child's membership) 6 weeks -12 years						
9am-2pm 5:30-8:30pm	9am-2pm 5:30-8:30pm	9am-2pm 5:30-8:30pm	9am-2pm 5:30-8:30pm	9am-2pm	9am-2pm	9am – 12pm
DROP IN PROGRAMS (Included with your child's membership)						
Kids Club 3-5yrs 9-10:30am (C1)	Kids Club 3-5yrs 9-10:30am (C1)	Kids Club 3-5yrs 9-10:30am (C1)	Kids Club 3-5yrs 9-10:30am (C1)	Kids Club 3-5yrs 9-10:30am (C1)	Kids Club 3-5yrs 9-10:30am (C1)	
	Kids Zumba® 4-12yrs 6-7pm (G)	Active Y Kids 7-12yrs 6-7pm (C1)	Kids Yoga 5-12yrs 6-7pm (S)	Active Bounce 0-8yrs 12-3pm (MPR) <small>(Runs only on No School Fridays)</small>		
Youth Centre 8-17yrs 2:45-9pm (YC)	Youth Centre 8-17yrs 2:45-9pm (YC)	Youth Centre 8-17yrs 2:45-9pm (YC)	Youth Centre 8-17yrs 2:45-9pm (YC)	Youth Centre 8-17yrs 2:45-9pm (YC)	Youth Centre 8-17yrs 2:45-9pm (YC)	Youth Centre 8-17yrs 2:45-9pm (YC)
REGISTERED PROGRAMS						
	Youth Boxing 8-12yrs 5-6pm (MPR)		Youth Boxing 8-12yrs 5-6pm (MPR)			

Aquatic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
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													
Looking for a job? <i>Become a Lifeguard/Swim Instructor Today!</i>		Bronze Medallion/Cross Combo Course 4:30-6:30pm			Mermaid Swim School 3-6pm (6-15yrs)								
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-3pm								
Private Lessons 3:45-4:15pm	Private Lessons 3:45-4:15pm		Private Lessons 3:45-4:15pm		Private Lessons 2:25-2:55pm								
LANE SWIM													
8:30am-4:15pm 4:15-8:15pm 8-9pm	# 2 1 2	8:30am-4:15pm 4:15-8:15pm 8-9pm	# 2 1 2	4:30pm-9pm	# 2	8:30-4:15pm 8-9pm	# 2 1	8am-9pm	# 2	10:30am-3pm 3-6pm	# 1 2	10:30am-6pm	# 2
<i>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.</i>													
ROPE SWING													
2pm-4:30pm 8:15pm-9pm	8:30am-4:30pm 8:15pm-9pm	4:30pm-9pm	8:30am-9pm	8:30am-9pm	3pm-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							

Open Gym

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

*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 | (WOC) Workout Centre | (MP) Main Pool | (TP) Tot Pool | (C1) Court 1



WE BELIEVE THAT EVERY KID
DESERVES A CHANCE
TO REACH THEIR POTENTIAL!
northernalberta.ymca.ca/donate



northernalberta.ymca.ca

WESTWOOD & EAGLE RIDGE YMCA

HEALTH, FITNESS & AQUATICS SCHEDULE

Eagle Ridge YMCA

Group Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
High Fitness 9:30-10:30am (S)	Barre 9:30-10:30am (S)	High Fitness 9:30-10:30am (S)	Barre 9:30-10:30am (S)	High Fitness 9:30-10:30am (S)		
Yin Yoga 10:45-11:45am (S)	Group Power 10:45 – 11:45am (S)	Strong 10:45-11:45am (S)	Group Power 10:45 – 11:45am (S)	Yin Yoga 10:45 – 11:45am (S)		

Child & Youth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHILDMINDING (Included with your child's membership) 6 weeks -12 years						
9am – 12pm	9am – 12pm	9am – 12pm	9am – 12pm	9am – 12pm		
DROP IN PROGRAMS (Included with your child's membership)						
	Toddler Time 0-5yrs 9am-12pm (MPR)		Toddler Time 0-5yrs 9am-12pm (MPR)	Active Bounce 0-8yrs 9am-12pm (MPR)		
REGISTERED PROGRAMS						
After School Camp 5-12yrs 2:45-5:30pm (YC)	After School Camp 5-12yrs 2:45-5:30pm (YC)	After School Camp 5-12yrs 2:45-5:30pm (YC)	After School Camp 5-12yrs 2:45-5:30pm (YC)	After School Camp 5-12yrs 2:45-5:30pm (YC)		

ROOM & PROGRAM LOCATIONS

(YC) Youth Center | (MPR) Multi Purpose Room | (S) Studio | (SMPR) Small Multi Purpose Room

SUMMER CAMP REGISTRATION IS NOW OPEN!

Visit our website for more information:

<https://northernalberta.ymca.ca/Regions/Wood-Buffalo/Fort-McMurray/Westwood-Family-YMCA>

Spring II Session

May 6 – June 23, 2019

Hours of Operation

Monday to Friday:

Weekends:

Holidays:

Westwood

4:30am-10:00pm

7:00am-9:00pm

9:00am-7:00pm

Eagle Ridge

9:00am – 5:00pm

CLOSED*

CLOSED*

*Eagle Ridge is open for Parties, Facility Rentals, and Registered Programs outside of regular business hours

Statutory Holidays

May 20th *Victoria Day*

April 19th *Good Friday*

Childminding

This service is **Included with your child's membership** and offers you the chance to utilize YMCA programs and services while your children enjoy a safe, interactive and fun environment!

FREE for members, \$11/visit for non-members

Building healthy communities