

Westwood Family YMCA

Group Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yin Yoga 8:10-9:00am (S)		Yin Yoga 8:10-9:00am (S)	Yoga Nidra 8:10-9:00am (S)	Hatha Yoga 9:15-10:15am (S)	Yin Yoga 9-10am (S)	Yin Yoga 9-10am (S)
Cyclefit 9:15-10:15am (MPR)	Yin Yoga 8:10-9:00am (S)	Circuit Training 9:15-10:15am (MPR)	Yin-Yang Yoga 9:15-10:15am (S)	Circuit Training 10:30-11:30am (MPR)	Bootcamp 10:15-11:15am (WOC)	Cyclefit 9:15-10:15am (MPR)
Step 10:30-11:30am (MPR)	Strength – Total Body 9:15-10:15am (MPR)	Yoga & Weights 10:30-11:30am (MPR)	Cardio & Strength 9:15-10:15am (MPR)	Mindful Meditation 10:30-11:30am (S)	Cardio Kickboxing 11:30-12:30am (WOC)	
HIIT & Restorative 11:50am-12:50pm (S)	Cardio Kickboxing 10:30-11:30am (MPR)	HIIT Yoga & Restorative 11:50am-12:50pm (S)	HIIT Tabata 10:30-11:30am (S)			
New to Yoga 1-2pm (S)		Gentle Yoga 1-2pm (S)		MYO Fascia Release & Restore 11:40am-12:40pm (S)		
Hatha Yoga 6-7pm (S)	Cycle & Strength 6-7pm (MPR)	Cardio Kickboxing 6-7pm (MPR)	MIXEDFIT 6-7pm (MPR)	Zumba® Toning 5:30-6:30pm (S)		Zumba® 6:30-7:30pm (MPR)
Cardio & Strength 6-7pm (MPR)	Yin-Yang Yoga 7:15-8:15pm (S)	Power Flow Yoga 6-7pm (S)	Zumba® 7:15-8:15pm (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>	
Zumba® 7:15-8:15pm (MPR)	Zumba® 7:15-8:15pm (MPR)	Restorative Yoga 7:15-8:15pm (S)	TRX Bootcamp 7:15-8:15pm (WOC)			
Restorative Yoga 7:15-8:15pm (S)		Zumba® 7:15-8:15pm (MPR)				

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-12pm 5:30-8:30pm	9am-12pm 5:30-8:30pm	9am-12pm 5:30-8:30pm	9am-12pm 5-8:30pm	9am-2pm	9am – 12pm
DROP IN PROGRAMS (Included with your child's membership)						
Kids Club 3-6yrs 9-10:30am (C1)	Kids Club 3-6yrs 9-10:30am (C1)	Kids Club 3-6yrs 9-10:30am (C1)	Kids Club 3-6yrs 9-10:30am (C1)	Kids Club 3-6yrs 9-10:30am (C1)	Kids Club 3-6yrs 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 0-5yrs 1-3pm (MPR) RUNS ON NO SCHOOL FRIDAYS ONLY		
Youth Centre 12-17yrs 2:45-9pm (YC)	Youth Centre 12-17yrs 2:45-9pm (YC)	Youth Centre 12-17yrs 2:45-9pm (YC)	Youth Centre 12-17yrs 2:45-9pm (YC)	Youth Centre 12-17yrs 2:45-9pm (YC)	Youth Centre 12-17yrs 2:45-9pm (YC)	Youth Centre 12-17yrs 2:45-9pm (YC)
REGISTERED PROGRAMS						
	Youth Boxing 8-12yrs 5-6pm (MPR)		Youth Boxing 8-12yrs 5-6pm (MPR)		Zumbini® 0-4yrs 10:45-11:30am (S)	

Aquatic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATIC FITNESS						
	Aqua fit 9:15am-10:15am		Aqua fit 9:15am-10:15am			
DROP IN SWIM LESSONS						
Adult Swim Lessons 7:25-8:10pm	Adult Swim Lessons 7:25-8:10pm	Private Swim Lessons 4-7pm	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? Become a Lifeguard/Swim Instructor Today!		Bronze Medallion/Cross Combo Course 4-7pm			Mermaid Swim School 3-4pm (6-15yrs)	
SWIMMING LESSONS						
Swim Lessons (3-12 yrs) 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	
LANE SWIM						
7am-4:15pm 4:15-8:15pm 8:15-9pm	# 2 1 2	7-10:30am 4:15-8:15pm 8:15-9pm	# 2 1 2	7am-9pm	# 2	7am-9pm 2 9-10:15am 10:15am-3pm 3-6pm 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						
7am-4:30pm 8:15pm-9pm	7am-4:30pm 8:15pm-9pm	7am-9pm	7am-4:30pm 8:15pm-9pm	7am-9pm	9am-10:15am 3pm-6pm	9am-6pm
MAIN POOL & TOT POOL OPEN						
7am-9pm	7am-9pm	7am-9pm	7am-9pm	7am-9pm	9am-6pm	9am-6pm

Open Gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-10pm*	7-10pm*	7-10pm*	7-10pm*	7-10pm*	3-8pm*	3-8pm*

*Please note that Open Gym hours in January will be altered due to Westwood Highschool Exams. Please check our Social Media pages for updates on hours or call 7807909622 for more information

ROOM & PROGRAM LOCATIONS

(G) Gymnasium | (MPR) Multi Purpose Room | (S) Studio | (WOC) Workout Centre | (C) Classroom | (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



YMCA
**STRONG
KIDS**
CAMPAIGN



northernalberta.ymca.ca

Eagle Ridge YMCA

Group Fitness (Ages 12+)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
High Fitness 9:30-10:30am (S)	Group Power 9:30-10:30am (S)	High Fitness 9:30-10:30am (S)	Group Power 9:30-10:30am (S)	High Fitness 9:30-10:30am (S)		
Yin Yoga 10:40-11:40am (S)	Yin Yoga 10:40-11:40am (S)	Yin Yoga 10:40-11:40am (S)	Yin Yoga 10:40-11:40am (S)	Yin Yoga 10:40-11:40am (S)		
Group Power 5:30-6:30pm(S)	High Fitness 6:30-7:30pm (s)	Strong by Zumba 6:30-7:30pm	Group Power 5:30-6:30pm(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 6:45-7:45pm (S)			High Fitness 6:45-7:45pm(S)			

Child & Youth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHILDMINDING (Included with your child's membership) 6 weeks -12 years						
9:15am-12pm 5:15-8pm	9:15am-12pm 6:15-7:45pm	9:15am-12pm 6:15-7:45pm	9:15am-12pm 5:15-8pm	9:15am-12pm		
DROP IN PROGRAMS (Included with your child's membership)						
Toddler Zone 0-5yrs 9am-12pm (MPR)	Active Y Kids 7-12yrs 4-5pm (MPR)	Toddler Zone 0-5yrs 9am-12pm (MPR)	Active Y Kids 7-12yrs 4-5pm (MPR)	Active Bounce 0-5yrs 9am-12pm (MPR) RUNS ONLY ON NO SCHOOL FRIDAYS		
Youth Centre 8-15yrs 5-8pm (YC)	Youth Centre 8-15yrs 5-8pm (YC)	Youth Centre 8-15yrs 5-8pm (YC)	Youth Centre 8-15yrs 5-8pm (YC)	Youth Centre 8-15yrs 5-8pm (YC)		
		Indoor Soccer 7-12yrs 5:30-6:30pm (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

(G) Gymnasium | (MPR) Multi Purpose Room | (S) Studio | (WOC) Workout Centre | (C) Court | (MP) Main Pool | (TP) Tot Pool | (C1) Court 1

WESTWOOD & EAGLE RIDGE YMCA

HEALTH, FITNESS & AQUATICS SCHEDULE

Winter & Spring Sessions January 7 – June 23, 2019

Hours of Operation

Monday to Friday:

Weekends:

Holidays:

Eagle Ridge

9:00am-8:00pm

CLOSED*

CLOSED*

Westwood

4:00am-11:00pm

7:00am-9:00pm

9:00am-7:00pm

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

Statutory Holidays

February 18th Family Day

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