



DROP-IN | REGISTERED | SPORTS | OPEN GYM | SWIM | AQUATICS

northernalberta.ymca.ca

Westwood Family YMCA (WW)

Program and Class Schedule | Jan 8 - Mar 4, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8-8:50am Hatha Yoga (WW-MPR)	8-8:50am Yin Yoga (WW-MPR)	8:30-9:20am Yin Yoga (WW-MPR)			
8:30am-1:30pm PLAY Care (WW-KC) 2mos-9yrs	8:30am-1:30pm PLAY Care (WW-KC) 2mos-9yrs	8:30am-1:30pm PLAY Care (WW-KC) 2mos-9yrs	8:30am-1:30pm PLAY Care (WW-KC) 2mos-9yrs	8:30am-1:30pm PLAY Care (WW-KC) 2mos-9yrs	8:30am-1:30pm PLAY Care (WW-KC) 2mos-9yrs	
9:15-10:15am Hatha Yoga (WW-MPR)	9:30-10:30am Bootcamp (WW-MPR)	9:15-10:15am Boxing Bootcamp (WW-MPR)		9-10am Yin Yoga (WW-MPR)	9-10am Yin Yoga (WW-FS)	9-10am Yin Yoga (WW-FS)
9:30-10:30am AquaFit - Shallow (WW-TP)	9:30-10:30am AquaFit - Circuit Training (WW-TP)	9:30-10:30am AquaFit - Shallow (WW-MP)	9:30-10:30am Aqua Jogging (WW-MP)		9-10am Active Y Kids (WW-MPR) 6-9yrs	
			9:30-10:30am Cycle and Yin Yoga (WW-MPR)			
10:15-11:15am All Sorts of Play (WW-C3) 3-12yrs	10:15-11:15am All Sorts of Play (WW-C3) 3-12yrs	10:15-11:15am All Sorts of Play (WW-C3) 3-12yrs	10:15-11:15am All Sorts of Play (WW-C3) 3-12yrs	10:15-11:15am All Sorts of Play (WW-C3) 3-12yrs	10:15-11:15am All Sorts of Play (WW-C3) 3-12yrs	10:15-11:15am All Sorts of Play (WW-C3) 3-12yrs
		10:15-11:15am Zumba Gold (WW-FS)			10:15-11:15am Bootcamp (WW-WOC)	
10:30am-11:30pm Step and Strength (WW-MPR)	10:40-11:40am Cardio Kickboxing (WW-MPR)	10:30am-11:30pm Step and Strength (WW-MPR)	10:40-11:40am Cardio Kickboxing (WW-MPR)	10:30am-11:30pm Step and Strength (WW-MPR)		
		10:45-3pm Continuous Swim (WW-TP)			11:30am-6:30pm ◆ Birthday Parties ◆ (WW)	11:30am-6:30pm ◆ Birthday Parties ◆ (WW)
	1-4pm Gym and Crafts (WW-MPR)		1-4pm Gym and Crafts (WW-MPR)	1-4pm Family Play (WW-MPR)	1-4pm Family Play (WW-Outside or YC)	
	1:30-8:15pm Continuous Swim (WW-TP)		1:30-8:15pm Continuous Swim (WW-TP)			
4:45-5:45pm Active Y Kids (WW-MPR) 6-9yrs	4:45-5:45pm ◆ Sports and Games ◆ (WW-MPR) 3-5yrs	4:45-5:45pm ◆ Lil Chefs ◆ (WW-C3)	4:45-5:45pm ◆ Sports and Games ◆ (WW-MPR) 3-5yrs			
4:45-5:45pm ◆ Arts and Crafts ◆ (WW-C3) 3-5yrs	5-6pm ◆ Kids Can Cook ◆ (WW-C3) 6-9yrs			5-8pm ◆ Night at the Y ◆ (WW-MPR)		
5:30-8:30pm ◆ PLAY Care ◆ (WW-KC) 2mos-9yrs	5:30-8:30pm ◆ PLAY Care ◆ (WW-KC) 2mos-9yrs	5:30-8:30pm ◆ PLAY Care ◆ (WW-KC) 2mos-9yrs	5:30-8:30pm ◆ PLAY Care ◆ (WW-KC) 2mos-9yrs	5-8pm ◆ Night at the Y ◆ (WW-C3)		(C3) Classroom 3 (FC) Fitness Centre (FS) Fitness Studio (G) Gym (KC) Kiddie Care (MPR) Multipurpose (MR) Meeting Room (S) Studio (T) Track (WOC) Workout Centre (YC) Youth Centre (YR) Youth Room
6-7pm ◆ Creative Arts ◆ (WW-C3) 6-9yrs	6-7pm Active Y Kids (WW-MPR) 6-9yrs	6-7pm ◆ Science Explorers ◆ (WW-C3) 6-9yrs				
6-7pm Cardio and Strength (WW-MPR)	6-7pm Cyclefit (WW-FS)	6-7pm Yoga Charged - Lvl 3 (WW-FS)	6-7pm Strong by Zumba (WW-MPR)			
6-7pm Hatha Yoga (WW-FS)		6-7pm Cardio Kickboxing (WW-MPR)				
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)			
7:15-8:15pm Restorative Yoga (WW-FS)		7:15-8:15pm Restorative Yoga (WW-FS)	7:15-8:15pm Hatha Yoga (WW-FS)		LEGEND ◆ Registered ◆	
	7:45-8:15pm Adult Swim (WW-TP)		7:45-8:15pm Adult Swim (WW-TP)		PLAY Care	Preschool + Child
8:30-9:30pm Self Defence - Beginner (WW-FS)		8:30-9:30pm Self Defence - Beginner (WW-FS)			Youth (Eagle Ridge Only)	Adult
9:30-10:30pm Self Defence - Advanced (WW-FS)		9:30-10:30pm Self Defence - Advanced (WW-FS)			Swim Lessons (Westwood Only)	Aqua Fitness (Westwood Only)

<p>Play Care (Kiddie Kare) - Westwood 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 ext.239</p>	<p>Play Care (Kiddie Kare) - Eagle Ridge Child Minding is available during ALL Fitness Classes, starting 15min prior to class and ending 15min after class ends. Block bookings required with 24hr notice (780-743-9600).</p>
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Eagle Ridge Community Centre (ER)

Program and Class Schedule | Jan 8 - Mar 4, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am-1:30pm Gym and Crafts (ER-IgMPR) 0-5yrs		8:30am-1:30pm Gym and Crafts (ER-IgMPR) 0-5yrs	8:15-9:45am ♦PLAY Care♦ (ER-YR) 2mos-9yrs	8:30am-1:30pm Gym and Crafts (ER-IgMPR) 0-5yrs		
9:15-11:45am ♦PLAY Care♦ (ER-YR) 2mos-9yrs	9-10am All Sorts of Play (ER-FS) 3-12yrs	9:15-11:45am ♦PLAY Care♦ (ER-YR) 2mos-9yrs	8:30-9:30am Hatha Yoga (ER-FS)	9:15-11:45am ♦PLAY Care♦ (ER-YR) 2mos-9yrs	9:15-10:15am ♦Preschool Dance♦ (ER-FS)	
		9:30-10:30am All Sorts of Play (ER-FS) 3-12yrs				
9:30-10:30am High Fitness (ER-FS)		9:30-10:30am High Fitness (ER-FS)		9:30-10:30am High Fitness (ER-FS)		
10:40-11:30am Yin Yoga (ER-FS)	10-11am ♦Lil Chefs♦ (ER-smMPR) 3-5yrs	10:40-11:30am Yin Yoga (ER-FS)	10-11am ♦Arts and Crafts♦ (ER-smMPR) 3-5yrs	10:40-11:30am Yin Yoga (ER-FS)	10:30-11:30am ♦Sports and Games♦ (ER-FS)	
					11am-6pm ♦Birthday Parties♦ (ER)	11am-6pm ♦Birthday Parties♦ (ER)
					11:45am-12:45pm ♦Lil Chefs♦ (ER-smMPR) 3-5yrs	11am-12pm Kickboxing (ER-FS)
			1:30-2:30pm All Sorts of Play (ER-smMPR) 3-12yrs			
2:45-8pm Youth Centre (ER-YR) 8-15yrs	2:45-8pm Youth Centre (ER-YR) 8-15yrs	2:45-8pm Youth Centre (ER-YR) 8-15yrs	2:45-8pm Youth Centre (ER-YR) 8-15yrs	2:45-5pm Youth Centre (ER-YR) 8-15yrs		
3-3:45pm Youth Dodgeball (ER-IgMPR) 8-15yrs	3-3:45pm Active Y Youth (ER-FS) 8-15yrs		3-3:45pm Active Y Youth (ER-FS) 8-15yrs			
4:45-5:45pm ♦Sports and Games♦ (ER-FS) 3-5yrs		4:45-5:45pm Active Y Youth (ER-IgMPR) 8-15yrs		5-8pm Youth Centre (ER-FS)		
5:45-8:30pm ♦PLAY Care♦ (ER-MR1) 2mos-9yrs	5:45-9pm ♦PLAY Care♦ (ER-MR1) 2mos-9yrs	5:45-8:30pm ♦PLAY Care♦ (ER-MR1) 2mos-9yrs	5:45-8:30pm ♦PLAY Care♦ (ER-MR1) 2mos-9yrs	5-8pm Youth Centre (ER-YR) 8-15yrs		
6-7pm Bosu Body (ER-FS)	6-7:30pm Yin/Nidra Yoga (ER-FS)	6-7pm Step (ER-FS)	6-7pm High Fitness (ER-FS)	5-8pm ♦Night at the Y♦ (ER-MPR)		
6-7pm ♦Science Explorers♦ (ER-IgMPR) 0-5yrs	6-9pm ♦Creative Arts♦ (ER-smMPR) 6-9yrs	6-7pm Indoor Soccer (ER-IgMPR) 6-9yrs	6-9pm ♦Kids Can Cook♦ (ER-smMPR) 6-9yrs			6:30-7:30pm High Fitness (ER-FS)
7:15-8:15pm Yin Yoga (ER-FS)	7:45-8:45pm High Fitness (ER-FS)		7:15-8:15pm Kickboxing (ER-FS)			

Play Care (Kiddie Kare) - Westwood

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Play Care (Kiddie Kare) - Eagle Ridge

Child Minding is available during ALL Fitness Classes, starting 15min prior to class and ending 15min after class ends. Block bookings required with 24hr notice (780-743-9600).

YMCA Summer Camps

Our YMCA Summer Camps and Day Camps offer children and youth (ages 3-16) the opportunity to participate in fun and engaging activities. There's even before and after camp care to make drop off and pick up easy for you:

FREE Pre-Care (7-8:30 am) and FREE Post-Care (4:30-6pm)!

As a charity (meaning we make no profit from our Summer Camps), compare our competitive Summer Camp and Day Camp prices with all other facilities.

Our summer camps are designed to spark the imagination, confidence, independence, and communication skills of all our campers. Through YMCA Healthy Child Development participants will learn physical literacy skills and complete daily physical activity requirements. We will motivate our campers to practice the YMCA values of Caring, Honesty, Respect, Responsibility, Diversity, and Social Inclusion through our Value Bead program.

Registration starts Feb 14 – and though we strive to add spots to existing summer camps and/or open up new camps as possible, last year the summer camps were completely filled. YMCA Members receive a discount on all Summer Camps and Day Camps!



Continuous Swim Lessons

FREE for members! Eliminate the hassle of re-registration – with continuous swim lessons you only have to register once!

View our online Aquatics Guide for schedules and information:

northernalberta.ymca.ca

Westwood Family YMCA:

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

CENTRE HOURS

Eagle Ridge Community Centre:

Monday-Friday 8am - 9pm
Saturday & Sunday 9am - 1pm