



DROP-IN AND REGISTERED PROGRAMS
SPORTS AND OPEN GYM | AQUATIC PROGRAMS
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Westwood Family YMCA (WW) / Eagle Ridge Community Centre (ER)

Program and Class Schedule | Jul 1 - Aug 31, 2017

**WESTWOOD HOLIDAY ALERT: No Regular Programming on Monday, July 3 (Canada Day Stat)
OR Monday, August 7 (Heritage Day Stat) (See full holiday hours at the bottom)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8-8:50am Yoga - Hatha (WW-MPR) <i>No Class July 4, 11</i>	9-10am Yoga - Yin (WW-MPR) <i>No Class July 5</i>	9-10am Yoga - Yin (WW-S) <i>No Class July 6</i>	9:30-10:30am Aqua - Deep (WW-Pool) <i>No Class Aug 25</i>		
	9:15-10:15am Boot Camp (WW-MPR)		9:30-10:30am ◆Hi/Lo (ER-S) <i>Aug 10, 17 ONLY</i>	9:30-10:30am ◆Hi/Lo (ER-S) <i>Jul 7 ONLY</i>	9-10am Yoga - Hatha (WW-S) <i>July 8-29 ONLY</i>	9-10am Yoga - Yin (WW-MPR) <i>Jul 2-23 ONLY</i>
9:30-10:30am ◆High Fitness (ER-S)		9:30-10:30am ◆Hi/Lo (ER-S) <i>Jul 5, 12, Aug 16 ONLY</i>	9:30-10:30am ◆High Fitness (ER-S)	9:30-10:30am ◆High Fitness (ER-S)	9-10am Yoga - Yin (WW-S) <i>Jul 1, Aug 5-26 ONLY</i>	9-10am Stretch- Foam Roller (WW-MPR) <i>Aug 20-27 ONLY</i>
9:30-10:30am Aqua - Deep (WW-Pool) <i>No Class Aug 28</i>		9:30-10:30am ◆High Fitness (ER-S)		9:30-10:30am ◆Zumba (ER-S) <i>Aug 11, 18 ONLY</i>		
	10:15-11:30am Arts and Crafts- (WW-CR3) 3-5yrs	10:15-11:30am Arts and Crafts- (WW-CR3) 3-5yrs	10:15-11:30am Arts and Crafts- (WW-CR3) 3-5yrs			
	10:15-11:30am Active Y Kids (WW-CR3) 6-9yrs	10:15-11:30am Active Y Kids (WW-CR3) 6-9yrs	10:15-11:30am Active Y Kids (WW-CR3) 6-9yrs			
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)	Open Gym Notes:	
10:45-11:35am ◆Yoga (ER-S)		10:45-11:35am ◆Yoga (ER-S)	10:45-11:35am ◆Yoga (ER-S)	10:45-11:35am ◆Yoga (ER-S)	<ul style="list-style-type: none"> All ages welcome: (Children 12 and under require adult supervision) Open Gym Wristbands must be worn by all participants All equipment is signed out at the desk Indoor Shoes Only Youth for 13 yrs and under, and Adult times avail Members: FREE / Non Members: \$9 	
	1-3pm Family Play (WW-Outside) All ages	1-3pm Family Play (WW-Outside) All ages	1-3pm Family Play (WW-Outside) All ages			
	12-8pm Youth Centre (ER) 8-16yrs	12-8pm Youth Centre (ER) 8-16yrs	12-8pm Youth Centre (ER) 8-16yrs	12-8pm Youth Centre (ER) 8-16yrs	1-8pm Open Gym (WW-G)	1-8pm Open Gym (WW-G)
4-10pm Youth Centre (WW) 12-17yrs	4-10pm Youth Centre (WW) 12-17yrs	4-10pm Youth Centre (WW) 12-17yrs	4-10pm Youth Centre (WW) 12-17yrs	4-10pm Youth Centre (WW) 12-17yrs	1-8pm Youth Centre (WW) 12-17yrs	1-8pm Youth Centre (WW) 12-17yrs
4-10pm Open Gym (WW-G)	4-10pm Open Gym (WW-G)	4-10pm Open Gym (WW-G)	4-10pm Open Gym (WW-G)	4-10pm Open Gym (WW-G)	(ER) Eagle Ridge Community Centre (WW) Westwood Family YMCA (G) Gym • (S) Studio • (C3) Classroom 3 (MPR) Multipurpose Room • (FC) Fitness Centre	
6-7pm Yoga - Hatha (WW-S)	6-7pm ◆Zumba (ER-S)	6-7pm Yoga - Hatha (WW-S)			LEGEND ◆ Registered ◆	
6-7pm Cycle and Strength (WW-MPR)	7:15-8:15pm ◆Hi/Lo (ER-S) <i>Aug 15 ONLY</i>	6-7pm Cardio Kickboxing (WW-MPR)			Preschool/Child/Youth - (WW)	Preschool/Child/Youth - (ER)
7:15-8:15pm Zumba (WW-MPR)	7:15-8:15pm ◆High Fitness (ER-S)	7:15-8:15pm Zumba (WW-MPR)			Adult - Westwood (WW)	Adult - Eagle Ridge (ER)
7:15-8:15pm Yoga - Restorative (WW-S)	7:15-8:15pm Zumba (WW-MPR)	7:15-8:15pm Yoga - Restorative (WW-S)	7:15-8:15pm Zumba (WW-MPR)		Aqua Fitness (WW-Pool)	Open Gym Adult and Youth (WW-G)
Play Care (Kiddie Kare) - Westwood ** Not Avail Jul 1,3, Aug 7** Drop-In: Monday-Saturday, 8:45am-12:45pm, Monday-Thursday, 5:30-8:30pm Registration available for evenings only: M-Th, 5:30-8:30pm, Call 780-790-9622				Play Care (Kiddie Kare) - Eagle Ridge Child Minding is available during ALL Fitness Classes, starting 15 minutes prior to class, and ending 15 minutes after the class ends. Bookings required with 24 HR notice. Call 780-743-9600 to book.		

Westwood Family YMCA:
Monday-Friday 4am-11pm
Saturday & Sunday 7am-9pm
Jul 1, Aug 7 9am-7pm

CENTRE HOURS

Eagle Ridge Community Centre:
Monday-Friday 8am-9pm
Saturday & Sunday 9am-1pm
Jul 1-3, Aug 7 CLOSED

Westwood Family YMCA - Aquatics Jul 1 - Aug 31, 2017

Drop-in Swimming Lessons - Teen, Adult and Adaptive

WEDNESDAYS ONLY >>	4-4:30pm Private (WW-Pool)	4:30-5pm Adaptive (WW-Pool)	5-5:30pm Private (WW-Pool)	5:30-6pm Private (WW-Pool)	6-6:40pm Teen/Adult (WW-Pool)
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WESTWOOD FAMILY YMCA POOL HOURS:

Mon-Fri 7am-9pm | Sat & Sun 9am-6pm | **Jul 1, Aug 7, 10am-5pm**

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