



[northernalberta.ymca.ca](http://northernalberta.ymca.ca)

# Eagle Ridge Community Centre

FACILITY SCHEDULE | NOVEMBER 9–DECEMBER 20

## Hours of Operation

*Open for registered participants only.*

Monday–Friday: **9:15am–7:30pm**

Saturday: **10am–12pm**

Sunday and Statutory Holidays: **Closed**

Rental bookings available.

2-301 Sparrow Hawk Drive  
Fort McMurray, AB T9K 0P1  
(780) 743-9600

## Welcome back to the Y!

We are excited to provide a place for you to reach your goals and connect with your community again, and the health and safety of our community members, staff and volunteers is our most important consideration. We will be meeting or exceeding all of the recommendations in the Government of Alberta's guidelines for recreation facilities. As guidelines change, we expect that our protocols in our centres will change over time. We promise to communicate changes to your Y experience as they occur!

All YMCA of Northern Alberta participants and visitors are asked to complete a health screening before visiting a YMCA facility. **All participants and visitors of the Eagle Ridge Community Centre are asked to complete this 3-question COVID-19 health screening shortly prior to or when they arrive. You are welcome to complete this ahead of your visit by going to [northernalberta.ymca.ca/screening](http://northernalberta.ymca.ca/screening). Participants should arrive no more than 10 minutes early** for their booking time.

Please note that **face coverings are mandatory inside all YMCA spaces in Wood Buffalo, Edmonton, Grande Prairie and Red Deer**. Those participating in physical activities are exempt; however, common areas such as our lobby, hallways and change rooms do require face coverings to be worn. Find out more about this by visiting [northernalberta.ymca.ca/FaceCoverings](http://northernalberta.ymca.ca/FaceCoverings).

While we know there will be changes to YMCA spaces, **one thing that has not changed is the fact that our YMCA community is made up of kind and caring individuals who know how important it is for kids, families and individuals to have a safe place to connect, belong and thrive**. We know that the need for these opportunities has increased through this period of isolation, while at the same time, the financial situation of many in our community has worsened. We know that the need for financial assistance for members and participants is imminent and the generosity of our members is needed and appreciated more than ever. As a registered charity, we need your help. If you can, give today at [northernalberta.ymca.ca/Give](http://northernalberta.ymca.ca/Give).

# ADULT FITNESS & LIFESTYLE

Eagle Ridge Community Centre | November 9–December 20

To be sure there's space available, you must pre-book your time at the Y. You will be able to book space in a group fitness class up to seven days in advance. **Participants should arrive no more than 10 minutes early.** You are welcome to drop in to see if space is available. If there's space in the class you would like to attend, you'll be welcome to join. If there is no space available, you will have to wait or book an alternate time. Book your visit at [northernalberta.ymca.ca/Online](http://northernalberta.ymca.ca/Online)! Need help or haven't activated your new online account? Visit [northernalberta.ymca.ca/Register](http://northernalberta.ymca.ca/Register)!

## GROUP FITNESS

Booking Required | (S) Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b>					
<b>Cardio &amp; Strength</b> 9:30–10:30am (S)	<b>Baby &amp; Me Yoga</b> 10:30–11:30am (S)	<b>Bootcamp</b> 9:30–10:30am (S)		<b>Yoga</b> 9:30–10:30am (S)	<b>Bootcamp</b> 10–11am (S)
<b>EVENING</b>					
	<b>Cardio &amp; Strength</b> 6:30–7:30pm (S)		<b>Yoga</b> 6:30–7:30pm (S)		
<b>Program &amp; Facility Access: Day Pass is \$8   10-Punch Pass is \$72</b>					

To ensure safe physical distancing, space in group fitness classes will be limited. We're asking **participants to come changed and ready to work out.** Washrooms will be available. Water fountains will not be available, so **please bring a water bottle from home.** Fountains with bottle fill stations will still be available.

# CHILD & YOUTH PROGRAMS

Eagle Ridge Community Centre | November 16–December 19

If you've been home for months with your kids, we salute you. Let the Y take on some of the effort you've been putting in to making sure they stay active and healthy: **registration is now open for kids' and youth programs at the Eagle Ridge Community Centre!**

Register online at [northernalberta.ymca.ca/Online](http://northernalberta.ymca.ca/Online)! Need help or haven't activated your new online account? Visit [northernalberta.ymca.ca/Register](http://northernalberta.ymca.ca/Register).

	TUESDAY	THURSDAY	SATURDAY
Child & Youth Programs November 16–December 19	<b>Kids' Club</b> <b>6–9Y</b> 6:30–7:30pm \$50/child	<b>Kids' Club</b> <b>6–9Y</b> 6:30–7:30pm \$50/child	<b>Kids' Club</b> <b>6–9Y &amp; 9–12Y</b> 10am–12pm \$100/child

# FACILITY RENTALS

Eagle Ridge Community Centre | Year-Round

We're excited to offer rentals again! From multi-purpose rooms to our studio, the Eagle Ridge Community Centre has space for you! **To rent at the YMCA, you must meet or exceed the Government of Alberta's safety guidelines.** We are happy to work with you to ensure your event is a safe and healthy experience for you, your guests and our staff. We have implemented enhanced health and safety procedures, such as cleaning and physical distancing, and are excited to talk to you about your rental needs!

If you're looking to book a space, give us a call at **780-743-9600** or email our facility rentals team at [Nina.Morgan@northernalberta.ymca.ca](mailto:Nina.Morgan@northernalberta.ymca.ca).