



AQUATICS SCHEDULE

MAIN POOL – MON-FRI

ADULT SWIM	6-9AM
CAMP SWIM	9AM-12PM
OPEN SWIM	12-3PM
CAMP SWIM	3-4PM
MANTA SWIM CLUB	4-6PM
OPEN SWIM	6-8PM
AQUAFIT (mon/thurs)	8-9PM
ADULT SWIM	9-9:30PM
CLOSED	9:30PM

TOT POOL – MON-FRI

OPEN SWIM	6-9AM
OPEN SWIM	12-3PM
CAMP SWIM	3-4PM
FAMILY SWIM	4-9:30PM
CLOSED	9:30PM

Please refer to the winter/spring brochure for weekend and holiday hours for the pool.

Summer Swim Lesson Schedule

Re-registration begins **June 27th** for children in Saturday classes that wish to hold their day and time slot and **June 28th** for those in Sunday classes. For non-members, registration begins June 29th. Children 5-12 yrs of age can also achieve their swim levels through our summer aquatic camps.

**during the summer session, lessons will run until 1:30pm and open swim will begin at that time.*

YMCA SUMMER CAMPS 2009

The place to be and to become....

The YMCA offers 9 weeks of activity, learning and FUN this summer. Daily outdoor activity, lunch and snacks are provided and should you need before & after camp care – we can do that too!

Choose from:

- Creative Arts Camp
- Aquatics Camp
- Sports Camp
- Youth Leadership Camp

See a membership representative for details.



YMCA

We build strong kids,
strong families, strong communities.

FITNESS SCHEDULE

JULY

TUESDAY

BALL 9AM
ULTIMATE CIRCUIT 7PM

WEDNESDAY

TOTAL BODY 9AM
BOOTCAMP 8PM

THURSDAY

CIRCUIT 9AM
TOTAL BODY 7PM

AUGUST

TUESDAY

CARDIO & MORE 9AM
CIRCUIT 7PM

WEDNESDAY

TOTAL BODY 9AM
BOOTCAMP 8PM

THURSDAY

CIRCUIT 9AM
TOTAL BODY 7PM



YMCA membership offers something for the whole family and costs less per day than a cup of your favourite latte.

Membership at the Westwood Family YMCA includes:

Fitness Classes
Access to Cardio & Strength Equipment
Free Swim Lessons
Free Kiddie Kare
....and so much more!

REAP THE BENEFITS OF INCREASED HEALTH AND VITALITY. PARTICIPATING IN REGULAR HEALTH AND WELLNESS PROGRAMS PROVIDES A WEALTH OF POSITIVE RESULTS. FIND PERSONAL BALANCE AND ENJOY QUALITY TIME WITH FAMILY AND FRIENDS. ALL OF THIS IS POSSIBLE AND MORE WHEN YOU EMBARK ON YOUR HEALTH AND WELLNESS JOURNEY. THE YMCA CAN WORK WITH YOU TO ESTABLISH PERSONAL GOALS - CREATING HEALTHIER HABITS, ONE SMALL STEP AT A TIME.



WESTWOOD FAMILY YMCA

221 TUNDRA DRIVE
FORT MCMURRAY, AB T9H 4Z7
780.790.9622

HOURS OF OPERATION

Monday to Friday 4:30am to 10:00pm
Saturday & Sunday 7:00am to 9:00pm
Holidays 9:00am to 7:00pm
Kiddie-Kare (mon-fri) 9:00am to 2:00pm

www.ymca.woodbuffalo.org