


The 55 Activity Centre 1201 Village Green Way 604-848-6898

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	BUS TRIPS
<p>20/20/20 9-10 am</p> <p>Knitting Together SELF-LED DROP-IN 10 am - 12 pm</p> <p>Reduced Mobility Movements 10:10 am-11:10 pm</p> <p>Shoulder/Hand Recovery 11:15-12:15 pm</p> <p>Hip and/or Knee Recovery 12:30-1:30 pm</p> <p>Clogging Advanced 2 - 3:30 pm</p>	<p>Strength & Balance 9-10 am</p> <p>Men on the Move 10:10-11:10 am</p> <p>Ukulele Beginner Slow Jam SELF-LED DROP-IN 10-11:45 am</p> <p>Chair Fit 12:30-1:30 pm</p> <p>Ukulele Practice Performance SELF-LED DROP-IN 12-2 pm</p> <p>Tai Chi-inspired – Flow 1:45-2:45 pm</p> <p>Banjolele SELF-LED DROP-IN 2:15-3:30 pm</p> <p>Tai Chi-inspired – Seated 3-4 pm</p>	<p>Line Dance - Beginner Level 1 9-9:45 am</p> <p>Paint and Sketch SELF-LED DROP-IN 9 am-12 pm</p> <p>Line Dance - Beginner Level 2 10-11:15 am</p> <p>Line Dance - Level 3 11:30 am - 12:15 pm</p> <p>Squamish Swans 55+ Ballet 1:45-2:45 pm</p> <p>Beginner Folk Dance 4-5:15 pm</p>	<p>20/20/20 9-10 am</p> <p>French Conversation 10 am-12 pm</p> <p>Men on the Move 10:10-11:10 am</p> <p>Balance/Posture 11:15 am-12:15 pm</p> <p>Chair Fit 12:30-1:30 pm</p> <p>Ukulele SELF-LED DROP-IN 12-2 pm</p> <p>Crib Club SELF-LED DROP-IN 1-3 pm</p> <p>Tai Chi-inspired - Flow 1:45-2:45 pm</p>	<p>Strong Body 9-10 am</p> <p>Dance Fitness 10-10:50 am</p> <p>Sewing/Quilting SELF-LED DROP-IN 10 am-2 pm</p> <p>Healthy Bones & Joints 11 am-12 pm</p> <p>Hip & Knee Recovery 12:15-1:15 pm</p> <p>Carpet Bowling SELF-LED DROP-IN 1:30-3:30 pm</p>	 <p>Details about bus trips in April will be available soon.</p> <p>Please check our website for more information.</p> <p>squamish.ca/rec</p>
<p>HOURS</p> <p>Monday: 9 am-4 pm Tuesday: 9 am-8 pm Wednesday: 9 am-8 pm Thursday: 9 am-8 pm Friday: 9 am-4 pm Saturday: <i>Programs Only</i> Sunday: <i>Closed</i></p>	<p>Tuesday activities at BRENNAN PARK RECREATION CENTRE:</p> <p>FREE! International Dance 7:15-8:30 pm</p>				<p>Legend</p> <p>Registration required, drop-in not available.</p> <p>Self-Led activity.</p>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Schedule is subject to change.</p> <p>Registration is recommended for our programs however, some programs offer drop-in, space permitting.</p>	<p>Neuro-Fit <i>Mondays & Wednesdays</i> 9–10 am 10:15–11:15 am 11:30 am–12:30 pm</p> <p>Re-Fit <i>Mondays & Wednesdays</i> 1–2 pm</p>	<p>Circuit Training 101 10–11 am</p> <p>O.W.L.S 10:30 am - 12:30 pm</p> <p>Seniors Open Gym 11:15 am–12:30 pm</p>	<p>Neuro-Fit <i>Mondays & Wednesdays</i> 9–10 am 10:15–11:15 am 11:30 am–12:30 pm</p> <p>Re-Fit <i>Mondays & Wednesdays</i> 1–2 pm</p>	<p>Healthy Hearts 9:30–11:30 am</p> <p>Seniors Open Gym 10:15 am–1:30 pm</p> <p>Weight Training & Mobility 11 am–12 pm</p>	<p>Making Connections 10 am–12 pm</p> <p>Reduced Mobility Dance 1–2pm</p>
	<p>PLEASE NOTE Seniors Open Gym Westwinds does not have a payment counter, so pre-payment for drop-ins is required.</p> <p>You can prepay at The 55 Activity Centre, Brennan Park Recreation Centre, or online at squamish.ca/rec.</p>				



Registration closes one week prior to workshop.
at The 55 Activity Centre.

Spring Moss Wreath Workshop

Wednesday, April 1 at 7 p.m.

Register in-person or visit squamish.ca/rec