

February Activities

squamish.ca/rec

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>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>Advanced Clogging 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>Tuesday activities at BRENNAN PARK RECREATION CENTRE:</p> <p>FREE! International Dance 7:15–8:30 pm</p> | <p>Line Dancing Beginner Level 1 9–9:45 am</p> <p>Line Dancing Beginner Level 2 10–11:15 am</p> <p>Paint and Sketch SELF-LED DROP-IN 9 am–12 pm</p> <p>Clogging 11:30 am–12:15 pm</p> <p>Silver Swans 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>Ukulele Beginner 10 am–12 pm</p> <p>Men on the Move 10:10–11:10 am</p> <p>Balance/Posture 11:15–12:15 am</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 am–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>Sunshine Choir 11 am–12:15 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>11 Granville Island</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>Legend</p> <p>Registration required, drop-in not available.</p> <p>Self-Led activity.</p> |



Kriszti is away February 9–25
Check out our **Open Gym** sessions at the Westwinds to supplement your fitness schedule during this time!

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|---|--|--|--|---|--|
| <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 Mondays & Wednesdays 9–10 am 10:15–11:15 am 11:30 am–12:30 pm</p> <p>Re-Fit Mondays & Wednesdays 1–2 pm</p> | <p>Circuit Training 101 10–11 am</p> <p>Seniors Open Gym 11:15 am–12:30 pm</p> | <p>Neuro-Fit Mondays & Wednesdays 9–10 am 10:15–11:15 am 11:30 am–12:30 pm</p> <p>Re-Fit Mondays & Wednesdays 1–2 pm</p> | <p>Healthy Hearts 9:30–11:30 am</p> <p>Seniors Open Gym 10:45 am–12 pm</p> <p>Weight Training & Mobility 12–12:45 pm</p> | <p>Making Connections 10 am–12 pm</p> <p>Reduced Mobility Dance 1–2 pm</p> |

PLEASE NOTE

Seniors Open Gym

Westwinds does not have a payment counter, so pre-payment for drop-ins is required.

You can prepay at The 55 Activity Centre, Brennan Park Recreation Centre, or online at squamish.ca/rec.



Interested in getting an unrestricted **Class 4 driver's licence?**



We will support you through the process of obtaining your licence!

Please contact us at: recreation@squamish.ca or 604.848.6898.