

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Commonwealth Aquafit 10:45 - 12:00pm *Class starts at 11:00 Commonwealth Recreation Centre</p>		<p>Explore Fitness 10:00 - 11:00am Commonwealth Recreation Centre</p> <p>Terwillegar Fitness 11:00 - 12:00pm Terwillegar Recreation Centre</p>		<p>Clareview Fitness 10:00 – 11:00am Clareview Recreation Centre</p>
<p>Venture Out 1:30 – 2:30pm Various locations</p>	<p>Boxing 1:30 - 3:30pm Westchester Amateur Boxing Club</p> <p>Social Scene 2:00 – 3:00pm The Carrot Café</p> <p>Clareview Swim 2:00 – 3:15pm Clareview Recreation Centre</p>	<p>Prosper Place Social Games 1:00-3:00pm Prosper Place</p> <p>Plaza Bowl 1:30-2:30pm Plaza Bowling Alley</p>	<p>Commonwealth Recreation & Fitness 1:00 – 2:00pm Commonwealth Recreation Centre</p> <p>Sport Check: Soccer 1:00 - 3:00pm Boyle Street Plaza</p> <p>Prosper Place Yoga 1:30 – 2:30pm Prosper Place</p>	<p>Fun With Fitness 12:00 – 1:00pm Commonwealth Recreation Centre</p> <p>AMSA Drop In Art 1:00 – 3:00pm Nina Haggerty</p>

Contact Information

- AMSA Art Classes AMSA: 780-705-7760 or artmentorshipab@gmail.com
 - Additional Info: www.artmentorshipab.com/class-info.html
- Bowling Dylan: 780-918-5651
- Boxing Acelyn: 780-918-7137 / Ted (text preferred): 780-224-4857
- Clareview Fitness Lisa: 780-405-1264
- Clareview Swim Lisa: 780-405-1264
- Commonwealth Aquafit Vanya: 780-918-5308
- Commonwealth Recreation & Fitness Maria: 780-292-1813 / Kendra 780-719-6584
- Explore Fitness Caitlin: 780-860-2722 / Kyla: 780-863-1184 / Emma: 780-221-0880
- Fun With Fitness Nikki: 780-884-2631
- Prosper Place Social Games Prosper Place: 780-426-7861
- Prosper Place Yoga Prosper Place: 780-426-7861
- Social Scene Nikki: 780-884-2631
- Sport Check Soccer Mike: 780-903-9661
- Terwillegar Fitness Vanya: 780-918-5308
- Venture Out Nikki: 780-884-2631

Referral-based programs

- Recovery Supports Day Program (ages 25 – 65): Caitlin: 780-860-2722
- Prosper Place: 780-426-7861 OR info@prosperplace.org
- Young Adult Services (ages 16 – 25): 780-782-5042

Programs run every day with the exception of the following: statutory holidays, 2 week break at Christmas & during inclement weather.

Please call program facilitator to confirm if the program is running that day if you are unsure.