

CITY WIDE DROP-IN PWD SCHEDULE

| FALL 2019 | SEP 1 - DEC 21

DRYLAND Drop-in Programs for Persons with Disabilities

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

DROP-IN PWD SCHEDULE							
FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
A.C.T. AQUATIC & RECREATION CENTRE	9AM-9PM Open Sensory Room	9AM-9PM Open Sensory Room	9AM-9PM Open Sensory Room Zumba Gold 10:30-11:30AM (Gymnasium) Rockin in Rundle 12:30-2:30PM (Gymnasium)	9AM-9PM Open Sensory Room Rockin in Rundle Gold 1-2:30PM (Gymnasium)	9AM-9PM Open Sensory Room Zumba Gold 10:30-11:30AM (Gymnasium) Rockin in Rundle 12:30-2:30PM (Gymnasium)	9AM-9PM Open Sensory Room Fitness on Fridays 9-11:45AM (Gymnasium)	9AM-9PM Open Sensory Room
CLAREVIEW COMMUNITY RECREATION CENTRE			Zumba Gold 10:30-11:30AM (MPR 4) Fit n' Fun 2-3PM (Studio)				
COMMONWEALTH COMMUNITY RECREATION CENTRE		Adapted2You 10:45-11:45AM (Gymnasium)	Open Gym 11:45-12:45PM (Gymnasium) Zumba Gold 1:15-2:15PM (Studio 2)	Rockin in Commonwealth 12:30-2:30pm (Gymnasium)	Fit n' Fun! 10:30-11:30AM (Studio 2)	Open Gym 11:45-12:45PM (Gymnasium)	
TERWILLEGAR COMMUNITY RECREATION CENTRE			Zumba Gold 10:45-11:45AM - (Energy Studio) Zumba Gold 3:15-4:15pm (Energy Studio)	Zumba Gold 1-2PM (MP6)	Yoga Chair 11:15AM-12:15 PM (MPR B) Zumba Gold 1:30-2:30pm (Energy Studio)	Rockin in Terwillegar 3-5PM (MP6)	
THE MEADOWS COMMUNITY RECREATION CENTRE		Zumba Gold 11:45AM-12:45PM (Studio 204) Yoga Chair 2-3PM (MPR 208)	Yoga Chair 1:15-2:15PM (MPR 208)	Yoga Chair 9:30-10:30am (MPR 208) Zumba Gold 11:45AM-12:45 PM (Studio 204)	Fit n' Fun! 1-2PM (Studio 204)	Yoga Chair 9:30-10:30AM (MPR 208)	



*NO Leader-led Programs and Kid's Den on Statutory Holidays. *Schedule subject to change. Please visit edmonton.ca/FacilityNotifications for updates on closures or class cancellations. **DOWNLOAD the Rec Centres Mobile App & Build your custom drop-in program schedule**, search for 'City Rec Centres' on the App Store ©, or Google Play ©. Or visit edmonton.ca/FindYourFit for weekly drop-in schedules. **Revised August 13, 2019.**

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ACTIVITY DESCRIPTIONS	
ADAPTED2YOU	What skills are you trying to improve? Running, jumping, throwing, catching? Adapted2You will help you improve your Fundamental Movement Skills, build your confidence, and help you transition into our many City of Edmonton programs! Our instructor will work on different skills each week, adapting the movements to you and finding the best ways to help you be successful.
FIT N' FUN!	A variety of cardio and resistance exercises specifically designed for Persons with Disabilities.
FITNESS ON FRIDAYS	Dedicated drop in play time for persons with disabilities to safely and comfortably partake in gymnasium activities such as basketball, badminton, and many more!
OPEN SENSORY ROOM	The Sensory Room is designed for persons who would benefit from sensory stimulation. The room allows individuals to interact with and control a variety of sensory experiences. Sensory equipment can help develop key life skills including vocalization, gross motor skills, color recognition and tracking in a gentle and relaxing way.
ROCKIN IN COMMONWEALTH	A leisure dance for adults with multiple and/or developmental disabilities. A variety of music is played each week that people are sure to enjoy. There are theme dances throughout the session and light refreshments.
ROCKIN IN RUNDLE	A leisure dance for adults with multiple and/or developmental disabilities. A variety of music is played each week that people are sure to enjoy. There are theme dances throughout the session and light refreshments.
ROCKIN IN TERWILLEGAR	A leisure dance for adults with multiple and/or developmental disabilities. A variety of music is played each week that people are sure to enjoy. There are theme dances throughout the session and light refreshments.
ROCKIN IN RUNDLE GOLD	Come out for an afternoon of toe-tapping music provided by a live band and light refreshments. There is nothing better than sharing a warm beverage with dear friends while enjoying great tunes from across the decades. This dance is geared towards older adults with multiple and/or developmental disabilities. (Previously called Senior Leisure Dance).
ZUMBA - GOLD	Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.
YOGA - CHAIR	Intended for everybody. Traditional yoga poses are adapted to be safely done in a chair or using a chair for support, making yoga accessible for people challenged by standing for long periods or mobility in moving to and from the floor.

The City of Edmonton welcomes children and adults of all abilities at our facilities and is committed to the inclusion of individuals with disabilities in all of our programs.



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