

## Wednesday, April 2, 2025

---

### Toddler Time

Date and Time: Wednesday, April 2 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

## Sunday, April 6, 2025

---

### Teen Weight Trainers

Date and Time: Sunday, April 6 12:00 pm - 1:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre. Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_keyword=teen%20weight%20trainer&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen%20weight%20trainer&viewMode=list)

## Monday, April 7, 2025

---

### Toddler Time

Date and Time: Monday, April 7 8:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

## Wednesday, April 9, 2025

---

### Teen Weight Trainers

Date and Time: Wednesday, April 9 4:00 pm - 5:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre. Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_keyword=teen%20weight%20trainer&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen%20weight%20trainer&viewMode=list)

## Thursday, April 10, 2025

---

### Toddler Time

Date and Time: Thursday, April 10 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

## Monday, April 14, 2025

---

## Toddler Time

Date and Time: Monday, April 14 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

## Wednesday, April 16, 2025

---

### Toddler Time

Date and Time: Wednesday, April 16 8:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

## Thursday, April 17, 2025

---

### Teen Weight Trainers

Date and Time: Thursday, April 17 4:00 pm - 5:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre. Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_keyword=teen%20weight%20trainer&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen%20weight%20trainer&viewMode=list)

## Sunday, April 20, 2025

---

### Teen Weight Trainers

Date and Time: Sunday, April 20 4:00 pm - 5:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre. Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_keyword=teen%20weight%20trainer&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen%20weight%20trainer&viewMode=list)

## Monday, April 21, 2025

---

### Toddler Time

Date and Time: Monday, April 21 10:00 am - 7:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

## Thursday, April 24, 2025

---

### Teen Weight Trainers

Date and Time: Thursday, April 24 4:00 pm - 5:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre. Teens working out in the fitness centre must keep his/her TWT ID card on hand

d at all times.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_keyword=teen%20weight%20trainer&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen%20weight%20trainer&viewMode=list)

## Sunday, April 27, 2025

---

### Teen Weight Trainers

Date and Time: Sunday, April 27 4:00 pm - 5:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre. Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_keyword=teen%20weight%20trainer&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen%20weight%20trainer&viewMode=list)

## Monday, April 28, 2025

---

### Toddler Time

Date and Time: Monday, April 28 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

## Wednesday, April 30, 2025

---

### Toddler Time

Date and Time: Wednesday, April 30 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

<https://calendar.keyano.ca>