



2023 Important Dates And Holiday Hours

VICTORIA DAY HOLIDAY WEEKEND HOURS

Saturday, May 20th: Hours 8am to 1pm - All Classes Cancelled

Sunday, May 21st: Hours 10am to 1pm - All Classes Cancelled

Monday, May 22nd: **CLOSED**

***Please Note: Youth members can make up the cancelled Saturday classes during the week.

***Please Note: Private training can be arranged with your coach.

YOUTH NUTRITION WORKSHOP



YOUTH NUTRITION WORKSHOP

A 10-session workshop where we teach the importance of food, exercise and how to build healthy habits while having FUN.

Session Focus:

1. Introduction to Nutrition	6. Minerals
2. Perfect Proteins	7. Your Daily Diet
3. Cool Carbohydrates	8. Water and Drinks
4. Fill up on Fats	9. Exercise
5. Vitamins	10. A Balanced Diet

Students will be making their own healthy snack during each session.

BONUS:

- 3 FREE Youth Boxing Class passes
- Parents have access to Open Gym to work out during workshop sessions

 

Being held at the West End Athletic Club, 283 Bering Avenue, Etobicoke M8Z 3A5
For more information email info@westendac.com

A 2-day workshop where we teach the importance of food, exercise and how to build healthy habits while having FUN!

The Nutrition Workshop will be conducted over two Saturdays:

1. **Saturday, May 27th, 2023** from 8:30am to 11:00am
2. **Saturday, June 3rd, 2023** from 8:30am to 11:00am

Contact us to register - info@westendac.com or 416-621-1234

CANADA DAY HOLIDAY WEEKEND HOURS

Saturday, July 1st: **CLOSED**

Sunday, July 2nd: **CLOSED**

***Please Note: Youth members can make up the cancelled Saturday classes during the week.

***Please Note: Private training can be arranged with your coach.

SUMMER YOUTH BOXING CAMPS

WEST END
ATHLETIC CLUB
EST. 2008 TORONTO

**2023 SUMMER
YOUTH BOXING CAMP**

CO-ED Ages: 7 to 10 years

July 17th -21st
August 14th-18th
9:00 am to 12:00 pm
8:30 am DROP-OFF
Parents supply one nut-free snack
and refillable water bottle.

THE CAMP WILL CONSIST OF: 2 x 45 minute non-contact boxing classes, activities and games. The campers will be making a healthy snack each day (ingredients provided)

Boxing classes focus on teaching the fundamentals of Boxing and Fitness.

Camp conducted by Boxing Ontario Certified Boxing coaches that hold current Police Records Check.

\$275.00 pre-payment required. FREE West End AC branded gloves included with early bird registration: Early Bird Special ends July 2nd

www.westendac.com | info@westendac.com | 416-621-1234 | 283 Bering Avenue, Toronto
westend.ac | westendtoronto

July 17th to July 21st and Aug. 14th to Aug. 18th

Drop-off is at 8.30am and camp runs from 9:00am to 12:00pm. The camp will consist of two 45-minute boxing classes, activities and games focusing on the fundamentals of Boxing and Fitness. Camps are co-ed for ages 7 to 10 years.

Please reach out for more information and camp details!
info@westendac.com or 416-621-1234

CIVIC HOLIDAY WEEKEND HOURS

Saturday, August 5th: 8am to 1pm - All Classes Cancelled

Sunday, August 6th: 10am to 1pm - All Classes Cancelled

Monday, August 7th: **CLOSED**

***Please Note: Youth members can make up the cancelled Saturday classes during the week.

***Please Note: Private training can be arranged with your coach.

LABOUR DAY WEEKEND HOURS

Saturday, September 2nd: 8am to 1pm - All Classes Cancelled

Sunday, September 3rd: 10am to 1pm - All Classes Cancelled

Monday, September 4th: **CLOSED**

***Please Note: Youth members can make up the cancelled Saturday classes during the week.

***Please Note: Private training can be arranged with your coach.

TASTE OF THE KINGSWAY FESTIVAL

SEPTEMBER 8th, 9th and 10th, 2023

Join us at **Taste Of The Kingsway**, Friday, Sept. 8th through Sunday, Sept. 10th!

This festival is geared to the entire family and we want to celebrate our amazing community with you! Let us show you our appreciation for keeping us as one of the premiere Boxing and Fitness Gyms in your neighbourhood.

We will be conducting boxing demonstrations all weekend. Come out and lace on a pair of gloves and give it a try! Meet our coaches and our members and learn all about the programs and services we offer for every age and level. **YOU ARE THE REASON WE LOVE OUR WEST END COMMUNITY - THANK YOU!**

***Please Note: Regular Hours and Class Schedule at the Gym.

THANKSGIVING HOLIDAY WEEKEND HOURS

Saturday, October 7th: 8am to 1pm - All Classes Cancelled

Sunday, October 8th: 10am to 1pm - All Classes Cancelled

Monday, October 9th: **CLOSED**

***Please Note: Youth members can make up the cancelled Saturday classes during the week.

***Please Note: Private training can be arranged with your coach.

HOLIDAY EVENTS AND HOURS

Join us for our ***Annual Holiday Party*** - Save the Date!

Friday, December 1st: 7pm to 11pm at West End AC

HOLIDAY HOURS

Saturday, December 23rd - All Classes Cancelled

Hours: 8am to 1pm

Sunday, December 24th - All Classes Cancelled

Hours: 10am to 1pm

Monday, December 25th: **CLOSED**

Tuesday, December 26th: **CLOSED**

Wednesday, December 27th - All Classes Cancelled

Hours: 6am to 9pm

Thursday, December 28th - All Classes Cancelled

Hours: 6am to 9pm

Friday, December 29th - All Classes Cancelled

Hours: 6am to 8:30pm

Saturday, December 30th - All Classes Cancelled

Hours: 8am to 1pm

Sunday, December 31st - All Classes Cancelled

Hours: 10am to 1pm

Monday, January 1st, 2024: **CLOSED**

Tuesday, January 2nd, 2024: Regular Schedule Resumes

***Please Note: Youth members can make up the cancelled Saturday classes during the week.

***Please Note: Private training can be arranged with your coach.