

## West Mesa Community Center Programs

### Hours of Operation:

- Monday-Thursday 7:30 a.m.-8 p.m.
- Friday 7:30 a.m.-6 p.m.
- Saturday 9 a.m.-3 p.m.

West Mesa offers various programs and amenities for all ages. Memberships are required for all Community Center programs and activities.

Visit [play.cabq.gov](http://play.cabq.gov) to register for a Community Center Membership.

\*Schedule is subject to change based on community center needs\*

### Amenities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fitness Room</b> West Mesa's fitness room is fully equipped with a full range of dumbbells, cable machines and cardio equipment including 2 bikes, 4 treadmills and 2 ellipticals.					
7:30 a.m.-8 p.m.	7:30 a.m.-8 p.m.	7:30 a.m.-8 p.m.	7:30 a.m.-8 p.m.	7:30 a.m.-8 p.m.	9 a.m.-3 p.m.
<b>Computer Lab</b> Our computer lab has 16 computers available to the public for use.					
8:30 a.m.-3 p.m. 6 p.m.-8 p.m.	8:30 a.m.-3 p.m. 6 p.m.-8 p.m.	8:30 a.m.-3 p.m. 6 p.m.-8 p.m.	8:30 a.m.-3 p.m. 6 p.m.-8 p.m.	8:30 a.m.-3 p.m.	9 a.m.-3 p.m.
<b>Game Room</b> West Mesa's game room has two foosball tables, one pool table, an air hockey table and a ping pong table.					
8:30 a.m.-3 p.m. 6 p.m.-8 p.m.	8:30 a.m.-3 p.m. 6 p.m.-8 p.m.	8:30 a.m.-3 p.m. 6 p.m.-8 p.m.	8:30 a.m.-3 p.m. 6 p.m.-8 p.m.	8:30 a.m.-3 p.m.	9 a.m.-3 p.m.

# Half-Court Basketball Gymnasium Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>					
<b>Open Gym</b> 7:30 a.m.-12 p.m.	<b>Open Gym</b> 7:30 a.m.-12 p.m.	<b>Open Gym</b> 7:30 a.m.-12 p.m.	<b>Open Gym</b> 7:30 a.m.-12 p.m.	<b>Open Gym</b> 7:30 a.m.-12 p.m.	<b>Open Basketball</b> 9 a.m.-12 p.m.
<b>Afternoon</b>					
<b>Open Basketball</b> 12 p.m.-3 p.m.  <b>Closed for After School Program</b> 3 p.m.- 6 p.m.	<b>Open Basketball</b> 12 p.m.-3 p.m.  <b>Closed for After School Program</b> 3 p.m.- 6 p.m.	<b>Open Basketball</b> 12 p.m.-3 p.m.  <b>Closed for After School Program</b> 3 p.m.- 6 p.m.	<b>Open Basketball</b> 12 p.m.-3 p.m.  <b>Closed for After School Program</b> 3 p.m.- 6 p.m.	<b>Open Basketball</b> 12 p.m.-3 p.m.  <b>Closed for After School Program</b> 3 p.m.- 6 p.m.	<b>Open Basketball</b> 12 p.m.-3 p.m.
<b>Evening</b>					
<b>Open Basketball</b> 6 p.m.-8 p.m.	<b>Open Basketball</b> 6 p.m.-8 p.m.	<b>Open Basketball</b> 6 p.m.-8 p.m.	<b>Open Basketball</b> 6 p.m.-8 p.m.		

# Adult Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Art Group</b>					
This group meets in the Dance Room. It is free to join and is an opportunity to bring your art supplies and work around others in the community who enjoy painting and arts & crafts. Participants must bring their own materials to participate.					
	9 a.m.-1 p.m.				
<b>Meditation</b>					
Learn the basics of meditation, including the benefits, myths, and science of regular meditation practice. These one-hour classes will include a short reading and / or discussion, as well as a meditation practice session. Beginning Sept. 1.					

			5-6 p.m.		

## Youth Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Before School Program</b> West Mesa transports children to and from Lavaland Elementary School and escorts kids to John Adams Middle School.					
7:30 a.m.-8:40 a.m.	7:30 a.m.-8:40 a.m.	7:30 a.m.-8:40 a.m.	7:30 a.m.-8:40 a.m.	7:30 a.m.-8:40 a.m.	
<b>After School Program</b> West Mesa transports children to and from Lavaland Elementary School. The youth program includes structured activities in the center's game room, computer lab, gym and art room. Homework assistance is provided in our library for kids wishing to complete their homework and Supper Meals are served to every child under the age of 18 between 4 p.m.-5 p.m.					
3 p.m.-6 p.m.	3 p.m.-6 p.m.	3 p.m.-6 p.m.	3 p.m.-6 p.m.	3 p.m.-6 p.m.	

## Community Meetings/ Special Events

### West Mesa Neighborhood Association Meetings

More details to come.