



Shawnessy YMCA

Suite 400, 333 Shawville Blvd SE
(403) 256-5533

GYM SCHEDULE

GYM SCHEDULE JULY 5 - AUGUST 29, 2010
Facility hours and programming are modified on Statutory Holidays

FACILITY HOURS (workout and pool areas close 30 minutes prior to facility closing):

Monday - Friday 5:30am - 10:30pm
Saturday, Sunday & Holidays 7:00am - 8:30pm

Schedule is subject to change. Modified July 9, 2010

YMCA CALGARY

Drop-in / Registration Required | Child / Youth = 0Y - 11Y | Teen = 12Y - 17Y | Adult = 18Y & Over | Beginner / Intermediate / Advanced | Yoga Flex Pass (drop-in to select yoga classes)

Main schedule grid showing classes for Monday through Sunday, including times and room numbers. Includes a large 'FACILITY OPENS AT 7:00am' and 'FACILITY CLOSING AT 8:00pm' section for Saturday and Sunday.

YMCA CALGARY IDENTIFICATION POLICY
For the health and safety of all participants and the security of their property and the property of YMCA Calgary, all participants eight years of age and older must provide appropriate identification to gain access to the facility.

- REMEMINDERS
• Children under eight years of age must be directly supervised by an adult at all times.
• Open gym and multi-purpose room times are subject to change at any time.
• Fitness classes will run with a minimum of three participants. Minimum participant age is 12 years.

- LEGEND
* Restricted Access Class: Pick up a participant card 30 minutes prior to class start time to reserve a spot. One card per participant.
** Open badminton. Sign-up at Member Services. Play time restricted to 45 minutes per person per day.
✓ Yoga Flex Pass. Can't commit to a full session of yoga? Want to try out different instructors at various times? YMCA members and non-members can purchase a Yoga Flex Pass. Applicable classes are identified above by a check-mark (✓). See Member Services for more information or to purchase.



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POOL SCHEDULE

POOL SCHEDULE JULY 5 - AUGUST 29, 2010

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BABYSITTING HOURS

Monday to Thursday
Friday
Saturday

BABYSITTING DIRECT PHONE NUMBER: 403-254-3217

8:00am-8:30pm
8:30am-5:30pm
8:30am-4:30pm
9:00am-1:30pm

Schedule is subject to change.

Modified July 9, 2010

YMCA CALGARY

Drop-in (white box) | Registration Req'd (grey box) | CHILD / YOUTH = 0Y - 11Y | TEEN = 12Y - 17Y | ADULT = 18Y & OVER | FITNESS LEVELS: ● = BEGINNER | ■ = INTERMEDIATE | ◆ = ADVANCED

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	25 METRE POOL	LEISURE POOL	25 METRE POOL	LEISURE POOL	25 METRE POOL	LEISURE POOL	25 METRE POOL	LEISURE POOL	25 METRE POOL	LEISURE POOL	25 METRE POOL	LEISURE POOL	25 METRE POOL	LEISURE POOL
5:30														
6:00														
6:30	Lane Swim 5:30-7:55		Lane Swim 5:30-7:55		Lane Swim 5:30-7:55		Lane Swim 5:30-7:55		Lane Swim 5:30-7:55		POOL OPENS AT 7:00am		POOL OPENS AT 7:00am	
7:00		Open Swim 5:30-8:55		Open Swim 5:30-8:55		Open Swim 5:30-8:55		Open Swim 5:30-8:55		Open Swim 5:30-8:55				
7:30														
8:00	Lane Swim 8:00-9:00	* Shallow H ₂ O Workout 8:00-8:45	Lane Swim 8:00-9:00	* Deep H ₂ O Workout 8:00-8:45	Lane Swim 8:00-9:00	* Shallow H ₂ O Workout 8:00-8:45	Lane Swim 8:00-9:00		Lane Swim 8:00-9:00	* Shallow H ₂ O Workout 8:00-8:45			Lane Swim 7:00-8:55	Family Swim 7:00-9:00
8:30														
9:00														
9:30														
10:00	Adult Only One Lane 9:00-12:45	Lessons 9:00-12:45	Adult Only One Lane 9:00-12:45	Lessons 9:00-12:45	Adult Only One Lane 9:00-12:45	Lessons 9:00-12:45	Adult Only One Lane 9:00-12:45	Lessons 9:00-12:45	Adult Only One Lane 9:00-12:45	Lessons 9:00-12:45				
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11:00														
11:30														
12:00														
12:30			Baby & Me 12:00-12:45				Baby & Me 12:00-12:45						Open Swim 9:00-4:00	Open Swim 9:00-4:00
1:00														
1:30														
2:00	Aquatic Leadership 12:45-3:00	Open Swim/Day Camps 12:45-3:00	Aquatic Leadership 12:45-4:00	Open Swim/Day Camps 12:45-3:55	Aquatic Leadership 12:45-3:00	Open Swim/Day Camps 12:45-3:00	Aquatic Leadership 12:45-4:00	Open Swim/Day Camps 12:45-3:55	Aquatic Leadership 12:45-3:00	Open Swim/Day Camps 12:45-3:00				
2:30	Lane Swim 12:45-3:55		Lane Swim 12:45-3:55		Lane Swim 12:45-3:55		Lane Swim 12:45-3:55		Lane Swim 12:45-3:55					
3:00														
3:30	* Gentle H ₂ O Workout 3:00-3:45	DayCamps 3:00-3:55			* Gentle H ₂ O Workout 3:00-3:45	DayCamps 3:00-3:55								
4:00														
4:30														
5:00	Lane Swim Adult Only One Lane 4:00-7:45	Lessons 4:00-7:45	Lane Swim Adult Only One Lane 4:00-7:45	Lessons 4:00-7:45	Lane Swim Adult Only One Lane 4:00-7:45	Lessons 4:00-7:45	Lane Swim Adult Only One Lane 4:00-7:45	Lessons 4:00-7:45	Lane Swim Adult Only One Lane 4:00-7:45	Lessons 4:00-7:45			Family Swim 4:00-5:30	Family Swim 4:00-5:30
5:30														
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8:00														
8:30	Lane Swim 7:45-10:00	* Shallow H ₂ O Workout 8:00-8:45	Lane Swim 7:45-10:00	Open Swim 7:45-10:00	Lane Swim 7:45-10:00	* Shallow H ₂ O Workout 8:00-8:45	Lane Swim 7:45-10:00	* Deep H ₂ O Workout 8:00-8:45	Lane Swim 7:45-10:00	* Shallow H ₂ O Workout 8:00-8:45	Family Swim 7:45-8:45			
9:00														
9:30														
10:00														

YMCA CALGARY IDENTIFICATION POLICY

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SHOWERING POLICY

Showering is required by the Calgary Regional Health Board to rinse away any dirt, oils and personal care products from the skin prior to entering the pool. Rinsing and/or covering hair assists in reducing chemical levels in the pool - which means fewer skin and eye irritations.

- Children under eight years of age must be directly supervised by an adult in the water at all times. The ratio under adult supervision is one-adult-to-two-children maximum.
- Family Swim: All children under 18Y must be accompanied by an adult / guardian.
- H2O Workouts will run with a minimum of three participants.
- Open pool times are subject to change. Depending on other scheduled activities, lane swimming may be reduced to one lane. Check notices for school board bookings.
- * Restricted access to H₂O workouts. Pick up a participant card 30 minutes prior to class start time. One card per guest.