



Shawnessy YMCA

GYM SCHEDULE

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

Effective July 6 - Aug 23, 2015

Facility hours and programming are modified on Statutory Holidays

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

Monday - Friday
Saturday, Sunday & Holidays

5:30am - 10:30pm
7:00am - 8:30pm

NOTE: Schedule is subject to change.

YMCA CALGARY

 DROP-IN REGISTRATION REQUIRED

Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	Gym 1	Multipurpose Room 1	Studio	Pre-school Room	Gym 1	Multipurpose Room 1	Studio	Pre-school Room	Gym 1	Multipurpose Room 1	Studio	Pre-school Room	Gym 1	Multipurpose Room 1	Studio	Pre-school Room	Gym 1	Multipurpose Room 1	Studio	Pre-school Room	Gym 1	Multipurpose Room 1	Studio	Pre-school Room	Gym 1	Multipurpose Room 1	Studio	Pre-school Room
5:30	Adult Only Basketball 5:30-7:30				Open Gym 5:30-7:30				Open Gym 5:30-7:30				Adult Only Basketball 5:30-7:30				Adult Only Basketball 5:30-7:30											
6:00																												
6:30																												
7:00																												
7:30	Day Camps 7:30-9:15				Day Camps 7:30-9:15				Day Camps 7:30-9:15				Day Camps 7:30-9:15				Day Camps 7:30-10:00											
8:00																												
8:30																												
9:00																												
9:30	*Step Fit 9:30-10:30				*HEAT 9:30-10:30				Day Camps 9:00-11:30				*Muscle Works 9:30-10:30															
10:00																												
10:30	Day Camps 10:30-11:30																											
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USAGE AND GUIDELINES

- Children under eight years of age must be directly supervised by an adult at all times.
- Fitness classes will run with a minimum of 3 participants. Minimum participant age is 12Y.
- Appropriate clothing and footwear are required.
- Food and glass container are not permitted in activity areas and locker rooms.

Open Gym 7:00-8:30																												
Open Gym 8:30-10:00																												
Open Gym 10:00-11:15																												
Open Gym 11:15-11:45																												
Open Gym 11:45-1:00																												
Open Gym 1:15-2:45																												
Open Gym 2:45-3:45																												
Open Soccer 3:45-5:45																												
Open Basketball 5:00-8:00																												
Open Gym 5:45-8:00																												
Open Basketball 5:45-8:00																												

BABYSITTING HOURS

Mon - Thurs 8:00am-8:30pm
Friday 8:30am-5:30pm
Saturday 8:30am-4:30pm
Sunday 9:00am-1:30pm

BABYSITTING DIRECT PHONE NUMBER
403-254-3217

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.

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.



Shawnessy YMCA

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

POOL SCHEDULE

Effective July 6 - Aug 23, 2015

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

Monday - Friday
Saturday, Sunday & Holidays

5:30am - 10:30pm
7:00am - 8:30pm

NOTE: Schedule is subject to change.

YMCA CALGARY

 DROP-IN REGISTRATION REQ'D

	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											SHOWERING POLICY: Showering is required by Alberta Health Services to rinse away dirt, oils and personal care products from 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.			
6:30	Lane Swim 5:30-7:55	Open Swim 5:30-8:55	Lane Swim 5:30-7:55	Open Swim 5:30-8:55	Lane Swim 5:30-7:55	Open Swim 5:30-8:55	Lane Swim 6:00-7:00	Open Swim 5:30-8:55	Lane Swim 5:30-7:55	Open Swim 5:30-8:55				
7:00														
7:30														
8:00														
8:30	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 (self directed) 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	* Shallow H ₂ O Workout 8:00-8:45			Lane Swim 7:00-8:55	Open Swim 7:00-9:00
9:00														
9:30														
10:00														
10:30	Adult Only Lane 9:00-12:45		Adult Only Lane 9:00-12:45		Adult Only Lane 9:00-12:45				Adult Only Lane 9:00-12:45					
11:00														
11:30														
12:00														
12:30														
1:00														
1:30														
2:00	Lane Swim 12:45-3:55	Aquatic Leadership 12:30-3:00	Lane Swim 12:45-3:55	Aquatic Leadership 12:30-4:00	Lane Swim 12:45-3:55	Aquatic Leadership 12:45-3:00			Lane Swim 12:45-3:55	Aquatic Leadership 12:30-3:00			Lane Swim 9:00-8:00	
2:30		Open Swim/Day Camps 12:30-3:00		Open Swim/Day Camps 12:30-3:55		Open Swim/Day Camps 12:30-3:00				Open Swim/Day Camps 12:30-3:00				
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				Gentle H ₂ O Workout 3:00-3:45				
4:00														
4:30														
5:00	Lane Swim Adult Only Lane 4:00-7:00		Lane Swim Adult Only Lane 4:00-7:00		Lane Swim Adult Only Lane 4:00-7:00				Lane Swim Adult Only Lane 4:00-7:00				Family Swim 4:00-5:30	Family Swim 4:00-5:30
5:30														
6:00														
6:30														
7:00														
7:30		Open Swim 7:00-7:55		Open Swim 7:00-7:55		Open Swim 7:00-10:00				Open Swim 4:00-10:00			Open Swim 5:30-8:00	Open Swim 5:30-8:00
8:00														
8:30	Lane Swim 7:00-10:00	* Shallow H ₂ O Workout (self directed) 8:00-8:45	Lane Swim 7:00-10:00	* Deep H ₂ O Workout (self directed) 8:00-8:45	Lane Swim 7:00-10:00	Open Swim 7:00-10:00			Lane Swim 7:00-10:00	* Deep H ₂ O Workout 8:00-8:45	Open Swim 7:45-10:00			
9:00		Open Swim 8:45-10:00		Open Swim 8:45-10:00										
9:30														
10:00														

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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.

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.