



The Gray Family Eau Claire YMCA

101 - 3 Street SW  
(403) 269-6701

# GYM SCHEDULE

Effective: April 4 - June 25, 2017

## FACILITY HOURS (locker rooms close 30 minutes later)

Monday to Friday 5:30am - 10:00pm

Saturday, Sunday & Holidays 7:00am - 6:30pm

Note: Schedule is subject to change

YMCA CALGARY

FREE MEMBER DROP-IN
REGISTERED ADULT PROGRAMS
REGISTERED YOUTH PROGRAMS
YOUTH DROP IN
REGISTERED PRESCHOOL PROGRAMS
• CHILD = 0Y - 11Y
• YOUTH = 12Y - 17Y
• ADULT = 18Y & OVER

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday							
	Gym 1	Gym 2	Studio West	Studio East	Yoga Studio	Gym 1	Gym 2	Studio West	Studio East	Yoga Studio	Gym 1	Gym 2	Studio West	Studio East	Yoga Studio	Gym 1	Gym 2	Studio West	Studio East	Yoga Studio	Gym 1	Gym 2	Studio West	Studio East	Yoga Studio	
5:30																										
6:00	Open Gym 5:30-6:30					Open Gym 5:30-7:00				Open Gym 5:30-6:30					Open Gym 5:30-6:30						Facility opens at 7:00am on Saturdays			Facility opens at 7:00am on Sundays		
6:30		Group Cycle 6:00-7:00	Muscle Works 6:10-7:00				Group Cycle 6:30-7:15	Group Power 6:15-7:15			Group Cycle 6:00-7:00	Muscle Works 6:30-7:15			Group Power 6:15-7:15	Yoga 6:00-7:00										
7:00	** Adult Basketball 6:30-8:00					** Adult Basketball 7:00-8:00				** Adult Basketball 6:30-8:00					** Adult Basketball 6:30-8:00											
7:30				Yoga 7:15-8:00																						
8:00																										
8:30																										
9:00																										
9:30	Open Gym 8:00-12:00					Open Gym 8:00-12:00				Open Gym 8:00-12:00					Yoga 9:00-10:00											
10:00			Preschool Tumble Time 9:15-10:15			Drop In Pickle-Ball 9:00-11:00	Postnatal Fitness 9:15-10:15	YMCA Preschool Action & Swim 9:15-11:15			Active Older Adults 10:00-11:00	YMCA Preschool Action & Swim 9:15-11:15	Intro to Yoga 10:00-10:50			Yoga 11:00-11:50										
10:30				Gentle Yoga 10:00-11:00																						
11:00	Triathlon Resistance 11:30-12:30 (Weight Floor)																									
11:30																										
12:00	** Basketball 12:00-1:00	Muscle Works 12:05-12:50	Group Cycle 12:05-12:50	Cardio & Core 12:05-12:50	Yoga 12:00-1:00	Cross Training 12:05-12:50	Barre Pilates 12:05-12:50	Step Fit 12:05-12:50			Group Power 12:00-1:00	Core Strength 12:05-12:50	Cardio Core 12:05-12:50	Yoga Level 2 12:00-1:00	** Basketball 12:00-1:00	H.I.I.T. 12:05-12:50	TRX & KB 12:05-12:55m	Barre Pilates 12:05-12:50	Tai Chi 12:05-12:50	** Basketball 12:00-1:00	Group Power 12:00-1:00	Group Cycle 12:05-12:50	Zumba 12:05-12:50	Yoga 12:00-1:00		
1:00																										
1:30																										
2:00																										
2:30																										
3:00	Adult Basketball 1:00-5:15	Open Gym 1:30-6:00				Adult Basketball 1:00-3:00																				
3:30																										
4:00																										
4:30																										
5:00																										
5:30																										
6:00	Open Basketball 5:15-8:00	Beginner Boot camp 6:00-7:00	Essentrics 5:30-6:30	Barbell Blast 5:30-6:30																						
6:30																										
7:00																										
7:30																										
8:00																										
8:30	Drop In Adult Volleyball 8:00-10:00																									
9:00																										
9:30																										
10:00																										

**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.

**USAGE AND GUIDELINES**

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

**LIMITED ACCESS ACTIVITIES**

- \*\* Adult Basketball: The first twelve (12) players to arrive on court begin play.
- All Drop In Yoga & Intro Resistance Training programs are now included with your YMCA membership



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# POOL SCHEDULE

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Monday to Friday 5:30am - 10:00pm

Saturday, Sunday & Holidays 7:00am - 6:30pm

Note: Schedule is subject to change

YMCA CALGARY

	FREE MEMBER DROP-IN	REGISTRATION REQUIRED	REGISTERED YOUTH PROGRAMS	YOUTH DROP IN	REGISTERED PRESCHOOL PROGRAMS	PRIME TIME		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	25 METRE POOL	TRAINING POOL	25 METRE POOL	TRAINING POOL	25 METRE POOL	TRAINING POOL	25 METRE POOL	TRAINING POOL
5:30								
6:00								
6:30	Triathlon Training 6:00-7:00	Deep Water Aqua Run 5:30 - 8:00	Swim Fit 6:00-7:00	Deep Water Aqua Run 5:30 - 8:00	Swim Fit 6:00-7:00	Deep Water Aqua Run 5:30 - 8:00	Triathlon Training 6:00-7:00	Deep Water Aqua Run 5:30 - 8:00
7:00			Masters 7:00-8:00		Masters 7:00-8:00			
7:30				Adult Lvl 1/2 7:00-8:00				
8:00	Lane Swim 5:30-11:30	Gental Water Fitness 8:15-9:00	Lane Swim 5:30-11:30	Open Swim 8:00-9:30	Lane Swim 5:30-11:30	Open Swim 8:00-9:30	Lane Swim 5:30-11:30	Open Swim 8:00-9:30
8:30								
9:00	Open Swim 7:00-11:30	Preschool Lessons 9:00-11:00	Open Swim 8:00-11:30	Daycare and Preschool Lessons 9:30-11:00	Open Swim 7:00-11:30	Preschool Lessons 9:00-10:30	Open Swim 7:00-11:30	Preschool Lessons 9:00-10:30
9:30								
10:00								
10:30								
11:00								
11:30								
12:00	Adult Lane Swim 11:30-1:30	Adult Lvl 2 11:30-12:30	Adult Lane Swim 11:30-1:30	Adult Lvl 2 11:30-12:30	Adult Lane Swim 11:30-1:30	Adult Lvl 2 11:30-1:30	Adult Lane Swim 11:30-1:30	Adult Lvl 2 11:30-1:30
12:30		Adult Swim 11:30-1:30	Adult Lane Swim 11:30-1:30	Adult Open Swim 11:30-1:30	Adult Lane Swim 11:30-1:30	Adult Open Swim 11:30-1:30	Adult Lane Swim 11:30-1:30	Adult Open Swim 11:30-1:30
1:00								
1:30								
2:00								
2:30		Preschool Lessons 1:30-3:00						
3:00	Lane Swim 1:30-5:15	Open Swim 1:30-5:15	Open Swim 1:30-5:00	Open Swim 1:30-5:15	Open Swim 1:30-5:00	Open Swim 1:30-5:00	Open Swim 1:30-5:00	Open Swim 1:30-5:00
3:30								
4:00		Open Swim 3:00-5:00						
4:30	Youth Lessons 4:00-5:00		Youth Lessons 4:00-5:00		Youth Lessons 4:00-5:00		Youth Lessons 4:00-5:00	
5:00		Preschool 5:00-6:30						
5:30	Youth Lessons 5:15-7:30		Triathlon Training 5:00-6:00		Triathlon Training 5:00-6:00		Triathlon Training 5:00-6:00	
6:00				Masters 5:15-6:30		Masters 5:15-6:30		Masters 5:15-6:30
6:30								
7:00	Youth Rec Swim Club 7:00-8:00		Youth Lessons 6:00-8:00	Youth Lessons 6:00-7:30	Youth Lessons 6:00-7:30	Youth Lessons 6:00-7:30	Youth Lessons 6:00-7:30	Youth Lessons 6:00-7:30
7:30			Community Group 6:00-8:30	Community Group 6:30-8:30	Community Group 6:30-8:30	Community Group 6:30-8:30	Community Group 6:30-8:30	Community Group 6:30-8:30
8:00	Lane Swim 7:30-10:00	Open Swim 5:30-7:30	Swim Fit 8:00-9:00	Open Swim 7:00-10:00	Open Swim 7:00-10:00	Open Swim 7:00-10:00	Open Swim 7:00-10:00	Open Swim 7:00-10:00
8:30								
9:00								
9:30								
10:00								

### YMCA CALGARY IDENTIFICATION POLICY

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### SHOWERING POLICY

Showering is required by Alberta Health Services 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. 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. Minimum participant age is 12 years.

- Depending on other scheduled activities, lane swimming may be reduced to one lane.

### Childminding (Schedule Subject to Change)

Monday	8:30am-1:00pm 4:00pm - 8:00pm	Friday	8:30am-3:30pm
Tuesday	8:30am-1:00pm 4:00pm - 6:30pm	Saturday	8:30am-3:30pm
Wednesday	8:30am-1:00pm 4:00pm - 8:00pm	Sunday	9:00am-1:00pm
Thursday	8:30am-1:00pm 4:00pm - 8:00pm	Stat Holidays	9:00am-1:00pm

To Book call 403-781-1669