



The Gray Family Eau Claire

101 - 3 Street SW
(403) 269-6701

GYM SCHEDULE

Effective: January 9 - March 26, 2017

FACILITY HOURS (locker rooms close 30 minutes later)

YMCA CALGARY

FREE MEMBER DROP-IN REGISTERED YOUTH PROGRAMS YOUTH DROP IN REGISTERED PRESCHOOL PROGRAMS CHILD = 0Y - 11Y 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	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																																												
6:30			Group Cycle 6:00-7:00	Muscle Works 6:10-7:00	Intro to Yoga 6:00-6:45																																								
7:00	** Adult Basketball 6:30-8:00																																												
7:30																																													
8:00																																													
8:30																																													
9:00																																													
9:30	Open Gym 8:00-12:00		Preschool: Play Pals 9:30-10:15																																										
10:00																																													
10:30																																													
11:00	Triathlon Resistance 11-12 (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																																								
12:30																																													
1:00																																													
1:30																																													
2:00																																													
2:30																																													
3:00	Adult Basketball 1:00-5:15	Open Gym 1:30-6:00																																											
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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																																									
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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.

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

Effective: January 9 - March 26, 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

	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	Open Swim 5:30-8:15	Swim Fit 6:00-7:00	Triathlon Training 6:00-7:00	Swim Fit 6:00-7:00			
7:00	Adult Lvl 2 7:00-8:00		Masters 7:00-8:00	Adult Lvl 1/2 7:00-8:00	Masters 7:00-8:00	Open Swim 7:00-9:00	Open Swim 7:00-9:00	Open Swim 7:00-9:00
7:30								
8:00								
8:30	Lane Swim 5:30-11:30	Open Swim 7:00-11:30	Lane Swim 5:30-11:30	Lane Swim 5:30-11:30	Lane Swim 5:30-11:30	Open Swim 7:00-9:00	Open Swim 7:00-9:00	Open Swim 7:00-9:00
9:00								
9:30								
10:00								
10:30								
11:00								
11:30								
12:00								
12:30	Adult Lane Swim 11:30-1:30	Adult Swim 11:30-1:30	Adult Lane Swim 11:30-1:30	Adult Open Swim 11:30-1:30	Shallow Water Fitness 12:05-12:50	Adult Lane Swim 11:30-1:30	Adult Open Swim 11:30-1:30	AquaFit 12:05-12:50
1:00								
1:30								
2:00								
2:30								
3:00								
3:30	Open Swim 1:30-5:15	Preschool 2:00-3:30	Open Swim 1:30-5:00	Open Swim 1:30-5:15	Open Swim 1:30-5:00	Preschool Lessons 2:00-4:00	Preschool Lessons 2:00-3:00	Flames Friday 1:30-4:30
4:00								
4:30	Adult Level 3 4:00-5:00	Open Swim 2:30-5:00	Youth Lessons 4:00-5:00	Adult Level 2 4:00-5:00	Open Swim 4:00-5:00	Open Swim 4:00-4:30	Open Swim 4:00-5:00	Youth Lesson 4:30-5:30
5:00								
5:30	Lane Swim 1:30-10:00	Preschool 5:00-6:30	Triathlon Training 5:00-6:00	Preschool Lessons 4:30-6:00	Triathlon Training 5:00-6:00	Preschool Lessons 4:30-6:00	Preschool Lessons 4:00-6:00	Flames Friday 6:00-7:30
6:00								
6:30								
7:00	Youth Rec Swim Club 7:00-8:00	Open Swim 6:30-7:30	Youth Lessons 6:00-7:45	Community Group 8:30	Open Swim 6:30-7:00	Open Swim 6:00-7:00	Open Swim 6:00-7:00	Flames Friday 6:00-7:30
7:30								
8:00	Community Group 8:00-9:45	Triathlon Training 8:00-9:00	Swim Fit 8:00-9:00	Open Swim 7:00-10:00	Open Swim 6:30-10:00	Open Swim 7:00-10:00	Open Swim 7:30-10:00	Adult Lvl 1 7:00-8:00
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