



The Gray Family Eau Claire YMCA

101 - 3 Street SW
(403) 269-6701

GYM 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												
	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				Intro to Yoga 6:00-6:45	Open Gym 5:30-7:00					Open Gym 5:30-6:30					Open Gym 5:30-6:30															
6:30			Group Cycle 6:00-7:00	Muscle Works 6:10-7:00							Group Cycle 6:00-7:00					Group Power 6:15-7:15	Yoga Level 2 6:15-7:15	**													
7:00	**					Adult Basketball 7:00-8:00					Adult Basketball 6:30-8:00					Adult Basketball 6:30-8:00															
7:30	Adult Basketball 6:30-8:00																														
8:00																															
8:30																															
9:00	Open Gym 8:00-12:00					Open Gym 8:00-12:00					Open Gym 8:00-12:00					Open Gym 8:00-12:00															
9:30			Preschool Play Pals 9:30-10:15																												
10:00																															
10:30																															
11:00	Triathlon Resistance 11-12 (Weight Floor)																														
11:30																															
12:00	**	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					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	**	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	**	Group Power 12:00-1:00	Group Cycle 12:05-12:50	Zumba 12:05-12:50	Yoga 12:00-1:00			
12:30	Basketball 12:00-1:00																														
1:00																															
1:30																															
2:00																															
2:30																															
3:00	Adult Basketball 1:00-3:00																														
3:30	Open Gym 1:30-5:15																														
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																											
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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	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			
6:30			Masters 7:00-8:00	Adult Lvl 1/2 7:00-8:00	Masters 7:00-8:00			
7:00						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			
9:00								
9:30								
10:00								
10:30								
11:00								
11:30								
12:00	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	Adult Lane Swim 11:30-1:30	Adult Lane Swim 7:00-6:30	Adult Lane Swim 7:00-6:30	Adult Lane Swim 7:00-6:30
12:30								
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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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Childminding (Schedule Subject to Change)	8:30am-1:00pm 4:00pm - 8:00pm	8:30am-1:00pm 4:00pm - 6:30pm	8:30am-1:00pm 4:00pm - 8:00pm	8:30am-1:00pm 4:00pm - 8:00pm	8:30am-3:30pm	8:30am-3:30pm	9:00am-1:00pm
							To Book call 403-781-1669