



Shawnessy YMCA

400 333 Shawville Blvd SE
403-256-5533

GYM SCHEDULE

Schedule Effective January 9 - March 26, 2017

*Subject to change

FACILITY HOURS (workout & pool areas close 30 minutes before facility)

Monday - Friday
Saturday, Sunday & Holidays

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

YMCA CALGARY

 DROP-IN REGISTRATION REQUIRED

CHILD = 0Y - 11Y | YOUTH = 12Y - 17Y | ADULT = 18Y & OVER

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	Gym	Multipurpose Room	Studio	Gym	Multipurpose Room	Studio	Gym	Multipurpose Room	Studio	Gym	Multipurpose Room	Studio	Gym	Multipurpose Room	Studio	Gym	Multipurpose Room	Studio	Gym	Multipurpose Room	Studio
5:30																					
6:00	Adults Only Basketball 5:30-7:00																				
6:30				*H.I.I.T 6:00-7:00					Triathlon Training 6:00-7:00												
7:00																					
7:30	Open Gym 7:00-8:00			Open Gym 7:15-8:00			Open Gym 5:30-8:45			Adults Only Basketball 5:30-7:00			Open Gym 5:30-8:45								
8:00																					
8:30	*Step Fit 8:15-9:00			*H.I.I.T 8:15-9:00																	
9:00																					
9:30	*Step Fit 9:15-10:15																				
10:00																					
10:30	Preschool Variety 10:30-11:00																				
11:00	Preschool Variety 10:30-11:00																				
11:30	Preschool Drop-in Gym 11:30-12:45																				
12:00																					
12:30																					
1:00																					
1:30	Open Gym 1:00-3:00																				
2:00																					
2:30																					
3:00																					
3:30	Open Gym 3:00-4:00																				
4:00																					
4:30	JR NBA Basketball 4:00-4:45																				
5:00																					
5:30	NBA Basketball 5:00-6:00																				
6:00																					
6:30																					
7:00																					
7:30																					
8:00																					
8:30																					
9:00																					
9:30																					
10:00																					

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.

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



Shawnessy YMCA

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403-256-5533

POOL SCHEDULE

FACILITY HOURS (workout & pool areas close 30 minutes before facility)

Monday - Friday
Saturday, Sunday & Holidays

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

Schedule Effective January 9 - March 26, 2017

*Subject to change

YMCA CALGARY

DROP-IN		REGISTRATION REQ'D		CHILD = 0Y - 11Y YOUTH = 12Y - 17Y ADULT = 18Y & OVER																		
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		
5:30																						
6:00				One Lane Aqua Jog 5:30-7:00	Lane Swim 5:30-7:00			One Lane Aqua Jog 5:30-7:00	Lane Swim 5:30-7:00					One Lane Aqua Jog 5:30-7:00	Lane Swim 5:30-7:00			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	One Lane Swim 6:00-7:00	Triathlon Training 6:00-7:00																				
7:00			Open Swim 5:30-8:55																			
7:30		Lane Swim 7:00-8:00																				
8:00				Lane Swim 7:00-8:20	Open Swim 7:00-8:20																	
8:30	Lane Swim 7:00-10:30	* Shallow H ₂ O Workout 8:00-8:45																				
9:00																						
9:30																						
10:00																						
10:30			Swim Lessons 9:00-12:00																			
11:00	Lane Swim 10:30-11:30																					
11:30		Lane Swim 9:00-2:15	Open Swim 9:00-2:15																			
12:00																						
12:30			Open Swim 12:00-1:00																			
1:00																						
1:30	Lane Swim 11:30-4:00																					
2:00			Swim Lessons 1:00-3:30 includes use by Childcare 3:00-3:30																			
2:30																						
3:00		*Gentle Fit Workout 2:30-3:15																				
3:30																						
4:00		Open Swim 3:20-3:55																				
4:30			Open Swim 3:30-4:30																			
5:00																						
5:30																						
6:00	Lane Swim Adult/Youth Only 4:00-8:00	Swim Lessons 4:00-8:00																				
6:30			Swim Lessons 4:30-8:00																			
7:00																						
7:30																						
8:00																						
8:30	One Lane Swim 8:00-8:45	* Shallow H ₂ O Workout 8:00-8:45	Adult Lessons 8:00-9:30																			
9:00	Lane Swim 8:45-10:00	Open Swim 8:45-10:00	Open Swim 9:30-10:00																			
9:30																						
10:00																						

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

- Children under 8Y 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.
- Open pool times are subject to change. Lane swimming may be reduced to one lane due to other scheduled activities. Check notices for updates.
- Restricted access to H₂O workouts. Pick up a participant card 30 minutes prior to class start time. One card per guest.

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 403-254-3217