



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

		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																	
7:00		Open Gym 7:00-8:00			Open Gym 7:15-8:00			Open Gym 5:30-8:45			Open Gym 5:30-8:45			Open Gym 5:30-8:45								
7:30																						
8:00		*Step Fit 8:15-9:00			*H.I.I.T 8:15-9:00																	
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9:00		*Step Fit 9:15-10:15																				
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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.

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
400 333 Shawville Blvd SE
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 CATEGORY

	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		
6:30	One Lane Swim 6:00-7:00	Triathlon Training 6:00-7:00			One Lane Swim 6:00-7:00	Masters Swim 6:00-7:00		
7:00		Open Swim 5:30-8:55						
7:30	Lane Swim 7:00-8:00		Lane Swim 7:00-8:20	Open Swim 7:00-8:20	Lane Swim 7:00-7:55			
8:00								
8:30	Lane Swim 7:00-10:30	* Shallow H ₂ O Workout 8:00-8:45			* Shallow H ₂ O Workout 8:00-8:45			
9:00			* Deep H ₂ O Workout 8:30-9:15					
9:30								
10:00								
10:30								
11:00	Lane Swim 10:30-11:30							
11:30	Lane Swim 9:00-2:15	Open Swim 9:00-2:15	Lane Swim 7:00-4:00					
12:00								
12:30			Lane Swim 10:15-4:00	Open Swim 10:15-4:00				
1:00								
1:30	Lane Swim 11:30-4:00							
2:00								
2:30								
3:00								
3:30								
4:00								
4:30								
5:00								
5:30	Lane Swim Adult/Youth Only 4:00-8:00	Swim Lessons 4:00-8:00	Lane Swim Adult/Youth Only 4:00-8:00	Swim Lessons 4:00-8:00				
6:00								
6:30								
7:00								
7:30								
8:00								
8:30	One Lane Swim 8:00-8:45	* Shallow H ₂ O Workout 8:00-8:45	Swim Lessons 8:00-9:15	* Deep H ₂ O Workout 8:00-8:45	Open Swim 7:30-8:00			
9:00	Lane Swim 8:45-10:00	Open Swim 8:45-10:00			Lane Swim 9:00-10:00			
9:30								
10:00								

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.

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.

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

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DIRECT PHONE NUMBER
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