



Shawnessy YMCA

400 333 Shawville Blvd SE
403-256-5533

GYM SCHEDULE

Schedule Effective April 3rd - June 25th, 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

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												Adults Only Basketball 5:30-7:00								
6:30																					
7:00	Open Gym 7:00-8:00												Open Gym 7:00-8:00								
7:30	*Intro to Step 8:15-9:00																				
8:00	*Step Fit 9:15-10:15																				
8:30																					
9:00																					
9:30																					
10:00																					
10:30																					
11:00																					
11:30																					
12:00																					
12:30																					
1:00																					
1:30																					
2:00																					
2:30																					
3:00																					
3:30																					
4:00																					
4:30																					
5:00																					
5:30																					
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.

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.

* Must Check In and Retrieve Tag at Entry Desk 30 min before class start time
** Badminton Sign up - Please See Member Services



Shawnessy YMCA

400 333 Shawville Blvd SE
403-256-5533

POOL SCHEDULE

Schedule Effective April 3rd - June 25th, 2017
*Subject to change

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

Monday - Friday
Saturday, Sunday & Holidays

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

YMCA CALGARY

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	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		One Lane Aqua Jog 5:30-7:00				One Lane Aqua Jog 5:30-7:00					
6:30	One Lane Swim 6:00-7:00		Lane Swim 5:30-7:00		Lane Swim 5:30-7:00				Masters 6:00-7:00					
7:00														
7:30														
8:00														
8:30														
9:00														
9:30														
10:00														
10:30														
11:00														
11:30														
12:00														
12:30														
1:00														
1:30														
2:00														
2:30														
3:00														
3:30														
4:00														
4:30														
5:00														
5:30														
6:00														
6:30														
7:00														
7:30														
8:00														
8:30														
9:00														
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.