



Melcor YMCA at Crowfoot

8100 John Laurie Blvd NW
(403) 547-6576

GYM SCHEDULE

Winter 2017

Effective: February 20 - March 26

FACILITY HOURS (workout and pool areas close 30 minutes prior to facility closing)

Monday - Friday

5:30am - 10:30pm

Saturday, Sunday & Holidays

7:00am - 8:30pm

Schedule is subject to change | Modified January 18, 2017

YMCA CALGARY

* = Must Check in at Front Desk prior to class

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday								
	Gym			Multipurpose Room			Gym			Multipurpose Room			Gym			Multipurpose Room			Gym			Multipurpose Room					
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3			
5:30	Preschool Registered Program			Youth Registered Program			Adult Registered Program			Registered - Free for Members			MOSSA classes														
6:00	Open Gym 5:30-7:15			*Group Cycle 6:00-6:45			Advanced RT Bootcamp 6:00-7:00			*Group Cycle 6:00-6:45			Advanced RT Bootcamp 6:00-7:00			Open Gym 5:30-7:15			GYMS & STUDIO SPACE OPEN AT 7:00 ON SATURDAY			GYMS & STUDIO SPACE OPEN AT 7:00 ON SUNDAY					
7:00	Set-up			Living Well 7:00-8:15			Open Gym 7:00-7:45			Set-up			Living Well 7:00-8:15			Set-up			Olympic Lifting 7:00-8:00			Open Badminton 7:00-9:00			*Cycle & Strength 7:30-8:30		
7:30	Open Gym 7:15-9:00			Healthy Living 7:30-8:30			Open Volleyball 8:00-9:00			Alpine Ski Club 8:00-9:00			Open Gym 7:15-9:00			Healthy Living 7:30-8:30			Set-up			Open Badminton 7:00-9:00			*Group Power 9:15-10:15		
8:00	Set-up			Child Minding 8:30-11:30			*Group Cycle 9:30-10:30			Adv RT Lv 2 9:30-10:30			Step Circuit 9:15-10:15			Child Minding 8:30-11:30			YMCA Preschool 9:00-9:45			*Group Cycle 9:30-10:30			Adv RT Lv 2 9:30-10:30		
8:30	YMCA Preschool 9:15-10:15			*Group Power 10:30-11:30			*Zumba 10:30-11:30			*Group Power 10:30-11:30			*Zumba 10:30-11:30			*Group Power 10:30-11:30			*Zumba 10:30-11:30			*Group Power 10:30-11:30			*Group Power 10:30-11:30		
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Melcor YMCA at Crowfoot 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 photo identification to gain access to the facility.

*** RESERVING A SPOT IN LIMITED ACCESS DROP-IN CLASSES**

Participants must sign-in for limited access drop-in classes beginning 30-minutes before start time.

For Badminton - Sign-up at Member Services. Court time is restricted to 30 min for singles and 1 hour for doubles.

USAGE AND GUIDELINES

- All youth 12-17 years must receive a stamp at the front desk prior to utilizing the weight floor.
- Children under eight years of age must be directly supervised by an adult at all times.
- Appropriate clothing and footwear required in workout areas.
- Food and glass containers are not permitted in activity areas and locker rooms.