



# Melcor YMCA at Crowfoot

8100 John Laurie Blvd NW  
(403) 547-6576

YMCA CALGARY

# GYM SCHEDULE

## Interim 2017

### Effective: March 27 - April 2

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 March 13, 2017

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	Preschool Registered Program			Youth Registered Program			Adult Registered Program			Registered - Free for Members			MOSSA classes			GYMS & STUDIO SPACE OPEN AT 7:00 ON SATURDAY			GYMS & STUDIO SPACE OPEN AT 7:00 ON SUNDAY		
	Gym	Multipurpose Room	Weight Floor/RmA	Gym	Multipurpose Room	Weight Floor/RmA	Gym	Multipurpose Room	Weight Floor/RmA	Gym	Multipurpose Room	Weight Floor/RmA	Gym	Multipurpose Room	Weight Floor/RmA	Gym	Multipurpose Room	Weight Floor/RmA	Gym	Multipurpose Room	Weight Floor/RmA
5:30	1	2		1	2		1	2		1	2		1	2		1	2		1	2	
6:00			* Group Cycle 6-6:45																		
6:30	Open Gym 5:30-8:00			Open Gym 5:30-8:00			Open Gym 5:30-8:00			Open Gym 5:30-8:00			Open Gym 5:30-8:00								
7:00																					
7:30			AHS HLP 7:00-8:15																		
8:00	Take Down		Day Camps 8:00-9:15	Take Down			Take Down			Take Down			Take Down								
8:30	Day Camp sign-in			Day Camp sign-in			Day Camp sign-in			Day Camp sign-in			Day Camp sign-in								
9:00	Set-up			Set-up			Set-up			Set-up			Set-up								
9:30	Bootcamp 9:15-10:15		*Group Cycle 9:30-10:30	Step Circuit 9:15-10:15			Zumba Fusion 9:15-10:15			Cardio Kickboxing 9:15-10:15			Muscle Works 9:15-10:15								
10:00	Set-up			Set-up			Set-up			Set-up			Set-up								
10:30	*Group Power 10:30-11:30						*Group Power 10:30-11:30														
11:00	Take Down						Take Down			Take Down			Take Down								
11:30																					
12:00		Day Camps 8:00-5:00		Day Camps 8:00-5:00	Day Camps 8:00-5:00		Day Camps 8:00-5:00	Day Camps 8:00-5:00		Day Camps 8:00-5:00	Day Camps 8:00-5:00		Day Camps 8:00-5:00	Day Camps 8:00-5:00							
12:30																					
1:00																					
1:30				Day Camps 10:30-5:00			Day Camps 10:30-5:00			Day Camps 10:30-5:00			Day Camps 10:30-5:00								
2:00	Day Camps 11:45-5:00		Day Camps 10:45-6:00			Day Camps 10:45-6:00			Day Camps 10:45-6:00			Day Camps 10:45-6:00									
2:30			Healthy Living 2:00-3:00			Healthy Living 2:00-3:00			Healthy Living 2:00-3:00			Healthy Living 2:00-3:00									
3:00																					
3:30			AHS HLP 3:00-4:15				AHS HLP 3:00-4:15			AHS HLP 3:00-4:15			AHS HLP 3:00-4:15								
4:00																					
4:30																					
5:00	Set-up			Set-up			Set-up			Set-up			Set-up								
5:30	Open Gym 5:15-6:45			Open Gym 5:15-6:45			Open Gym 5:15-7:15			Open Gym 5:15-7:15			Open Gym 5:15-7:00		Grade 6 Drop-in 5:00-7:00						
6:00																					
6:30	Take Down		*Active Yoga 6:15-7:15	Take Down		Lego / Wii Games 6:30-7:30	Take Down		*Active Yoga 6:30-7:30	*Group Cycle 6:30-7:30			Take Down								
7:00	Soccer 9-12 Y 7:00-8:00	*Bootcamp 7:00-8:00		Soccer 13-17 Y 7:00-8:00	*Zumba 7:00-8:00																
7:30	Take Down			Take Down																	
8:00			*Step Fit 8:00-9:00																		
8:30	Open Gym 8:15-10:00			Open Gym 8:15-10:00			Members Only Family Badminton (reservations required - please contact member services) 7:30-10:00														
9:00																					
9:30																					
10:00																					

\* = Must Check in at Front Desk prior to class

**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.

**CHILD MINDING HOURS (Child Minding direct phone number: 403-241-4618)**

Monday to Thursday 8:30am-8:00pm  
 Friday 8:30am-5:00pm  
 Saturday 8:30am-2:30pm  
 Sunday 9:00am-1:00pm  
 Note: Child Minding will open only if a min. of 3 children are booked 24 hours in advance.