



Melcor YMCA at Crowfoot

8100 John Laurie Blvd NW
(403) 547-6576

YMCA CALGARY

GYM SCHEDULE Spring 2017 Effective: April 23 -June 25

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 31, 2017

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday								
	Preschool Registered Program			Youth Registered Program			Adult Registered Program			Registered - Free for Members			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																											
6:00	Open Gym 5:30-7:15		* Group Cycle 6-6:45	Advanced RT Bootcamp 6:00-7:00			Open Gym 5:30-7:15		* Group Cycle 6-6:45	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					
6:30																											
7:00																											
7:30	Set-up																										
7:30	Open Gym 7:15-9:00	Healthy Living 7:30-8:30		AHS HLP 7:00-8:15	Open Gym 7:00-7:45		AHS HLP 7:00-8:15	Open Gym 7:15-9:00	Healthy Living 7:30-8:30		AHS HLP 7:00-8:15	Open Gym 7:15-9:00	Healthy Living 7:30-8:30		Open Gym 7:15-9:00	Healthy Living 7:30-8:30											
8:00																											
8:30																											
9:00	Set-up																										
9:30	Bootcamp 9:15-10:15	Child Minding 8:30-11:30	YMCA Preschool 9:00-11:30	*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	Zumba Fusion 9:15-10:15	Child Minding 8:30-11:30	Pilates 9:15-10:15	*Group Cycle 9:30-10:30	Adv RT LV 2 9:30-10:30	*Group Blast 9:15-10:15	Child Minding 8:30-11:30	*Group Cycle 9:30-10:30	Adv RT LV 2 9:30-10:30	Muscle Works 9:15-10:15	Child Minding 8:30-11:30	YMCA Preschool 9:00-9:45	*Group Cycle 9:30-10:30				
10:00	Set-up																										
10:30	Mov't & Creative Expression 2-3Y 10:30-11:30	*Group Power 10:30-11:30		AOA Level 1 11:00-12:00	Tumble Time 2-3Y 10:45-11:30	Zumba 10:30-11:30																					
11:00	Kinetic Kids 3-5Y 11:30-12:30	Take Down																									
11:30																											
12:00																											
12:30																											
1:00																											
1:30																											
2:00	Open Gym 12:45-3:45			Gentle Fitness 1:30-2:30	YMCA Preschool 1:45-2:45	Open Gym 2:00-2:45																					
2:30																											
3:00																											
3:30																											
4:00	U13 SNYB 11-12 Y 4:00-5:00																										
4:30																											
5:00	U9 SNYB 7-8Y 5:00-6:00	U11 SNYB 9-10Y 5:00-6:00																									
5:30																											
6:00	Indoor Soccer 10-13 Y 6:00-7:00																										
6:30																											
7:00	Soccer 9-12 Y 7:00-8:00	*Bootcamp 7:00-8:00																									
7:30																											
8:00																											
8:30	Open Gym 8:15-10:00																										
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 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.