



Melcor YMCA at Crowfoot

8100 John Laurie Blvd NW
(403) 547-6576

GYM SCHEDULE Winter 2017

Effective: January 9 - January 19

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 December 22, 2016

YMCA CALGARY

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday										
	Drop-In			Registration Required			Members Only			Drop-In			Registration Required			Members Only			Drop-In			Registration Required			Members Only				
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2
5:30	Preschool Registered Program			Youth Registered Program			Adult Registered Program			Registered - Free for Members																			
6:00	Open Gym 5:30-7:15			Advanced RT Bootcamp 6:00-7:00			Open Gym 5:30-7:15			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			Open Gym 7:00-7:45			Set-up			Set-up			Set-up																
7:30	Open Gym 7:15-9:00			Open Volleyball 8:00-9:00			Open Gym 7:15-9:00			Open Volleyball 8:00-9:00			Open Gym 7:15-9:00			Open Badminton 7:00-9:00			Open Badminton 7:00-9:00										
8:00	Healthy Living 7:30-8:30			Alpine Ski Club 8:00-9:00			Healthy Living 7:30-8:30			Active Yoga 8:00-9:00			Healthy Living 7:30-8:30			*Cycle & Strength 7:30-8:30													
8:30	Set-up			Set-up			Set-up			Set-up			Set-up			Set-up			Set-up										
9:00	Bootcamp 9:15-10:15			Step Circuit 9:15-10:15			Zumba Fusion 9:15-10:15			Cardio Kickboxing 9:15-10:15			Muscle Works 9:15-10:15			Zumba 9:15-10:15			Instructor's Choice 9:15-10:15										
9:30	Child Minding 8:30-11:30			Child Minding 8:30-11:30			Child Minding 8:30-11:30			Child Minding 8:30-11:30			Child Minding 8:30-11:30			Child Minding 8:30-11:30			Child Minding 8:30-11:30										
10:00	Set-up			Set-up			Set-up			Set-up			Set-up			Set-up			Set-up										
10:30	YMCA Preschool 10:30-11:30			YMCA Preschool 10:30-11:30			YMCA Preschool 10:30-11:30			YMCA Preschool 10:30-11:30			YMCA Preschool 10:30-11:30			YMCA Preschool 10:30-11:30			YMCA Preschool 10:30-11:30										
11:00	Kinetic Kids 3-5Y 11:30-12:30			Preschool Drop-in Gym 11:45-1:45			Preschool Drop-in Gym 11:45-1:45			Preschool Drop-in Gym 12:00-2:00			Preschool Drop-in Gym 11:45-12:45			Preschool Drop-in Gym 11:45-12:45			Preschool Drop-in Gym 11:45-12:45										
11:30	Take Down			Take Down			Take Down			Take Down			Take Down			Take Down			Take Down										
12:00	Open Gym 11:45-1:00			YMCA Preschool 1:15-3:00			YMCA Preschool 1:15-3:00			YMCA Preschool 1:30-3:00			YMCA Preschool 1:30-3:00			YMCA Preschool 1:30-3:00			YMCA Preschool 1:30-3:00										
12:30	Set-up			Set-up			Set-up			Set-up			Set-up			Set-up			Set-up										
1:00	Super Sports 4-5Y 1:15-2:15			YMCA Preschool 1:15-3:00			YMCA Preschool 1:15-3:00			YMCA Preschool 1:30-3:00			YMCA Preschool 1:30-3:00			YMCA Preschool 1:30-3:00			YMCA Preschool 1:30-3:00										
1:30	Gentle Fitness 1:30-2:30			YMCA Preschool 1:15-3:00			YMCA Preschool 1:15-3:00			YMCA Preschool 1:30-3:00			YMCA Preschool 1:30-3:00			YMCA Preschool 1:30-3:00			YMCA Preschool 1:30-3:00										
2:00	Take Down			Take Down			Take Down			Take Down			Take Down			Take Down			Take Down										
2:30	Open Gym 2:30-3:45			Open Gym 3:00-3:45			Open Gym 1:45-3:45			Open Gym 2:15-3:45			Open Gym 2:15-3:45			Open Gym 2:15-3:45			Open Gym 2:15-3:45										
3:00	Set-up			Set-up			Set-up			Set-up			Set-up			Set-up			Set-up										
3:30	U13 SNYB 11-12 Y 4:00-5:00			U13 SNYB 11-12 Y 4:00-5:00			U13 SNYB 11-12 Y 4:00-5:00			U13 SNYB 11-12 Y 4:00-5:00			U13 SNYB 11-12 Y 4:00-5:00			U13 SNYB 11-12 Y 4:00-5:00			U13 SNYB 11-12 Y 4:00-5:00										
4:00	U9 SNYB 7-8Y 5:00-6:00			U9 SNYB 7-8Y 5:00-6:00			U9 SNYB 7-8Y 5:00-6:00			U9 SNYB 7-8Y 5:00-6:00			U9 SNYB 7-8Y 5:00-6:00			U9 SNYB 7-8Y 5:00-6:00			U9 SNYB 7-8Y 5:00-6:00										
4:30	U11 SNYB 9-10Y 5:00-6:00			U11 SNYB 9-10Y 5:00-6:00			U11 SNYB 9-10Y 5:00-6:00			U11 SNYB 9-10Y 5:00-6:00			U11 SNYB 9-10Y 5:00-6:00			U11 SNYB 9-10Y 5:00-6:00			U11 SNYB 9-10Y 5:00-6:00										
5:00	Indoor Soccer 10-13 Y 6:00-7:00			*Active Yoga 6:15-7:15			*Active Yoga 6:30-7:30			*Active Yoga 6:30-7:30			*Active Yoga 6:30-7:30			*Active Yoga 6:30-7:30			*Active Yoga 6:30-7:30										
5:30	Soccer 9-12 Y 7:00-8:00			*Bootcamp 7:00-8:00			*Bootcamp 7:00-8:00			*Bootcamp 7:00-8:00			*Bootcamp 7:00-8:00			*Bootcamp 7:00-8:00			*Bootcamp 7:00-8:00										
6:00	Set-up			Set-up			Set-up			Set-up			Set-up			Set-up			Set-up										
6:30	Soccer 9-12 Y 7:00-8:00			*Step Fit 8:00-9:00			*Step Fit 8:00-9:00			*Step Fit 8:00-9:00			*Step Fit 8:00-9:00			*Step Fit 8:00-9:00			*Step Fit 8:00-9:00										
7:00	Boxer's Workout 7:45-8:45			Open Gym 8:15-10:00			Open Gym 8:15-10:00			Open Gym 8:15-10:00			Open Gym 8:15-10:00			Open Gym 8:15-10:00			Open Gym 8:15-10:00										
7:30	Take Down			Take Down			Take Down			Take Down			Take Down			Take Down			Take Down										
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* = 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. Play time restricted to 30 minutes per person, per day.

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.