



Melcor YMCA at Crowfoot

8100 John Laurie Blvd NW
(403) 547-6576

POOL SCHEDULE

Winter 2017

Effective: January 9 - January 19

For more information about our programs,
please visit our website at www.ymcacalgary.org

*Schedule is Subject to Change

YMCA CALGARY

DROP-IN		REGISTRATION REQ'D		CHILD / YOUTH = 0Y - 11Y TEEN = 12Y - 17Y ADULT = 18Y & OVER		** Reduced Open Swim during the following weekends due to lifesaving programming: Jan 20-22, Feb 3-5, 12, 24-26, March 3-5, 10-12	
Preschool Registered Program		Youth Registered Program		Adult Registered Program			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
25 METRE POOL	TRAINING POOL	25 METRE POOL	TRAINING POOL	25 METRE POOL	TRAINING POOL	25 METRE POOL	TRAINING POOL
5:30-6:00 Lane Swim 5:30-8:15 (6 lanes)		Lane Swim 5:30-6:45 (3 Lanes)	Triathlon Swim 5:40-6:40	Lane Swim 5:30-6:45 (2 lanes)	Masters Swim Program 5:40-6:40	Lane Swim 5:30-6:45 (2 lanes)	Masters Swim Program 5:40-6:40
6:00-6:30 Lane Swim 5:30-8:15 (6 lanes)		Lane Swim 6:45-8:00 (4 lanes)	Triathlon Swim 6:40-7:40	Lane Swim 6:45-8:15 (6 lanes)	Take Down	Lane Swim 6:45-8:15 (6 lanes)	Open Swim 5:30-9:15
6:30-7:00 Lane Swim 5:30-8:15 (6 lanes)	Open Swim 5:30-10:15	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 6:45-9:00 (4 lanes)	Triathlon Swim 6:40-7:40	Lane Swim 6:45-8:15 (6 lanes)	Open Swim 5:30-9:15
7:00-7:30 Lane Swim 5:30-8:15 (6 lanes)	Open Swim 5:30-10:15	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 6:45-9:00 (4 lanes)	Tethered Running 7:45-8:45	Lane Swim 6:45-8:15 (6 lanes)	Open Swim 5:30-9:15
7:30-8:00 Lane Swim 5:30-8:15 (6 lanes)	Open Swim 5:30-10:15	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 6:45-9:00 (4 lanes)	Set-up	Lane Swim 6:45-8:15 (6 lanes)	Open Swim 5:30-9:15
8:00-8:30 Lane Swim 8:15-9:30 (2 Lanes)	Deep H2O Workout 8:30-9:15	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 8:15-9:30 (2 Lanes)	Deep H2O Workout 8:30-9:15	Lane Swim 8:15-9:30 (2 Lanes)	Deep H2O Workout 8:30-9:15
8:30-9:00 Lane Swim 8:15-9:30 (2 Lanes)	Deep H2O Workout 8:30-9:15	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 8:15-9:30 (2 Lanes)	Deep H2O Workout 8:30-9:15	Lane Swim 8:15-9:30 (2 Lanes)	Deep H2O Workout 8:30-9:15
9:00-9:30 Lane Swim 9:30-11:00 (3 lanes)	Swimfit 9:30-10:30	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 9:30-11:00 (3 lanes)	Swimfit 9:30-10:30	Lane Swim 9:30-11:00 (3 lanes)	Swimfit 9:30-10:30
9:30-10:00 Lane Swim 9:30-11:00 (3 lanes)	Swimfit 9:30-10:30	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 9:30-11:00 (3 lanes)	Swimfit 9:30-10:30	Lane Swim 9:30-11:00 (3 lanes)	Swimfit 9:30-10:30
10:00-10:30 Lane Swim 9:30-11:00 (3 lanes)	Swimfit 9:30-10:30	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 9:30-11:00 (3 lanes)	Swimfit 9:30-10:30	Lane Swim 9:30-11:00 (3 lanes)	Swimfit 9:30-10:30
10:30-11:00 Lane Swim 9:30-11:00 (3 lanes)	Swimfit 9:30-10:30	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 9:30-11:00 (3 lanes)	Swimfit 9:30-10:30	Lane Swim 9:30-11:00 (3 lanes)	Swimfit 9:30-10:30
11:00-11:30 Lane Swim 11:00-12:15 (2 lanes)	Shallow H2O Workout 11:15-12:00	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 11:00-12:15 (2 lanes)	Shallow H2O Workout 11:15-12:00	Lane Swim 11:00-12:15 (2 lanes)	Shallow H2O Workout 11:15-12:00
11:30-12:00 Lane Swim 11:00-12:15 (2 lanes)	Shallow H2O Workout 11:15-12:00	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 11:00-12:15 (2 lanes)	Shallow H2O Workout 11:15-12:00	Lane Swim 11:00-12:15 (2 lanes)	Shallow H2O Workout 11:15-12:00
12:00-12:30 Lane Swim 12:15-2:45 (3 lanes)	Open Swim 12:15-2:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 12:15-2:45 (3 lanes)	Open Swim 12:15-2:45	Lane Swim 12:15-2:45 (3 lanes)	Open Swim 12:15-2:45
12:30-1:00 Lane Swim 12:15-2:45 (3 lanes)	Open Swim 12:15-2:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 12:15-2:45 (3 lanes)	Open Swim 12:15-2:45	Lane Swim 12:15-2:45 (3 lanes)	Open Swim 12:15-2:45
1:00-1:30 Lane Swim 12:15-2:45 (3 lanes)	Open Swim 12:15-2:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 12:15-2:45 (3 lanes)	Open Swim 12:15-2:45	Lane Swim 12:15-2:45 (3 lanes)	Open Swim 12:15-2:45
1:30-2:00 Lane Swim 12:15-2:45 (3 lanes)	Open Swim 12:15-2:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 12:15-2:45 (3 lanes)	Open Swim 12:15-2:45	Lane Swim 12:15-2:45 (3 lanes)	Open Swim 12:15-2:45
2:00-2:30 Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45
2:30-3:00 Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45
3:00-3:30 Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45
3:30-4:00 Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45
4:00-4:30 Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45
4:30-5:00 Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45
5:00-5:30 Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45
5:30-6:00 Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45
6:00-6:30 Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45
6:30-7:00 Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45
7:00-7:30 Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45
7:30-8:00 Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-3:45 (2 lanes)	Shallow H2O Workout 3:00-3:45
8:00-8:30 Lane Swim 8:15-10:00 (2 Lanes)	Open Swim 9:15-10:00	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 8:15-10:00 (2 Lanes)	Open Swim 9:15-10:00	Lane Swim 8:15-10:00 (2 Lanes)	Open Swim 9:15-10:00
8:30-9:00 Lane Swim 8:15-10:00 (2 Lanes)	Open Swim 9:15-10:00	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 8:15-10:00 (2 Lanes)	Open Swim 9:15-10:00	Lane Swim 8:15-10:00 (2 Lanes)	Open Swim 9:15-10:00
9:00-9:30 Lane Swim 8:15-10:00 (2 Lanes)	Open Swim 9:15-10:00	Lane Swim 8:00-11:00 (6 lanes)	Take Down	Lane Swim 8:15-10:00 (2 Lanes)	Open Swim 9:15-10:00	Lane Swim 8:15-10:00 (2 Lanes)	Open Swim 9:15-10:00

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.

SHOWERING POLICY

Showering is required by Alberta Health Services to rinse away any dirt, oils and personal care products from the 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.

- Children under eight years of age must be directly supervised by an adult in the water at all times.
- The ratio under adult supervision is one-adult-to-two-children maximum.
- H₂O Workouts will run with a minimum of three participants.
- Open pool times are subject to change. Depending on other scheduled activities, lane swimming may be reduced to one lane.
- Check notices for School Board bookings
- During youth swim lessons - all lane swimmers must be swimming continuous lengths