



# The Gray Family Eau Claire YMCA

101 - 3 Street SW  
(403) 269-6701

## GYM SCHEDULE

**\*\*Check the YMCA App for the most up to date schedule\*\***

Effective: July 3rd - Aug 26th

### FACILITY HOURS (locker rooms close 30 minutes later)

Monday to Friday 5:30am - 10:00pm

Saturday, Sunday & Holidays 7:00am - 6:30pm

Note: Schedule is subject to change

Time	YMCA CALGARY																																									
	FREE MEMBER DROP-IN						REGISTERED ADULT PROGRAMS						REGISTERED YOUTH PROGRAMS						YOUTH DROP IN						DAY CAMPS																	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday												
5:30	Open Gym						Open Gym	Functional Training					Open Gym	Adult Basketball	Adult Ball	Group Cycle	Muscle Works		Open Gym	Adult B ball	Adult B ball	Functional Training			Open																	
6:00	Adult B ball	Adult B ball	Group Cycle	Muscle Works			Open Gym	Functional Training					Open Gym	Adult Basketball	Adult Ball	Group Cycle	Muscle Works		Open Gym	Adult B ball	Adult B ball	Functional Training			Open																	
6:30	Adult B ball	Adult B ball	Group Cycle	Muscle Works			Open Gym	Functional Training					Open Gym	Adult Basketball	Adult Ball	Group Cycle	Muscle Works		Open Gym	Adult B ball	Adult B ball	Functional Training			Open																	
7:00	10-13y soccer	10-13y soccer	Group Cycle	Muscle Works			Open Gym	Functional Training					Open Gym	Adult Basketball	Adult Ball	Group Cycle	Muscle Works		Open Gym	Adult B ball	Adult B ball	Functional Training			Open																	
7:30	10-13y soccer	10-13y soccer	Group Cycle	Muscle Works			Open Gym	Functional Training					Open Gym	Adult Basketball	Adult Ball	Group Cycle	Muscle Works		Open Gym	Adult B ball	Adult B ball	Functional Training			Open																	
8:00	Open Gym	Open Gym	Group Cycle	Muscle Works			Open Gym	Functional Training					Open Gym	Adult Basketball	Adult Ball	Group Cycle	Muscle Works		Open Gym	Adult B ball	Adult B ball	Functional Training			Open																	
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**YMCA CALGARY 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.

- USAGE AND GUIDELINES**
- Children under eight years of age must be directly supervised by an adult at all times.
  - Appropriate clothing and footwear are required.
  - Fitness classes will run with a minimum of three participants. Minimum participant age is 12 years.
  - Food and glass containers are not permitted in activity areas or locker rooms.

**LIMITED ACCESS ACTIVITIES**

\*\* Adult Basketball: The first twelve (12) players to arrive on court begin play.

All Drop In Yoga & Intro Resistance Training programs are now included with your YMCA membership

### Childminding (Schedule Subject to Change)

Monday	8:30am-1:00pm 4:00pm - 8:00pm	Friday	8:30am-3:30pm
Tuesday	8:30am-1:00pm 4:00pm - 6:30pm	Saturday	8:30am-3:30pm
Wednesday	8:30am-1:00pm 4:00pm - 8:00pm	Sunday	9:00am-1:00pm
Thursday	8:30am-1:00pm 4:00pm - 8:00pm	Stat Holidays	9:00am-1:00pm

403-781-1669