



The Gray Family Eau Claire YMCA

101 - 3 Street SW
(403) 269-6701

POOL SCHEDULE

CHECK THE YMCA App FOR THE MOST UP TO DATE SCHEDULE

Effective: Sept 9th - Dec 15th

FACILITY HOURS (locker rooms close 30 minutes later)

Monday to Friday 5:30am - 10:00pm
Saturday, Sunday & Holidays 7:00am - 6:30pm

***This schedule is subject to change**

YMCA CALGARY

	FREE MEMBER DROP-IN	REGISTRATION REQUIRED	REGISTERED SWIMMING LESSONS	YOUTH DROP IN	BOOKINGS	PRESCHOOL
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30						
6:00	Triathlon Training 6:00-7:00	Swim Fit 6:00-7:00	Triathlon Training 6:00-7:00	Lane Swim 5:30-7:00		
7:00	Adult Lessons 7:00-8:00	Masters 7:00-8:00	Adult Lessons 7:00-8:00	Masters 7:00-8:00		
7:30						
8:00						
8:30	Lane Swim 5:30-11:30	Lane Swim 5:30-11:30	Lane Swim 5:30-11:30	Lane Swim 5:30-11:30	Lane Swim 5:30-11:30	Lane Swim 7:00-1:30
9:00						
9:30	Lessons 9:00-11:30	Lane Swim 8:00-11:30	Lane Swim 8:00-11:30	Lane Swim 8:00-11:30	Swim 8:00-9:00	Swimming Lessons 9:00-12:30
10:00						
10:30						
11:00						
11:30						
12:00						
12:30	Adult lane swim 11:30-1:15	Adult Lane Swim 11:30-1:15	Adult Lane Swim 11:30-1:15	Adult Lane Swim 11:30-1:15	Adult Lane Swim 11:30-1:15	
1:00						
1:30						
2:00						
2:30						
3:00	Lane Swim 1:15-5:15	Lane Swim 1:15-5:15	Lane Swim 1:15-5:15	Lane Swim 1:15-5:15	Lane Swim 1:15-4:30	
3:30	Open Swim 1:15-5:00	Open Swim 4:00-5:15	Open Swim 1:30-5:15	Open Swim 1:15-5:15	Open Swim 1:15-4:30	
4:00	Open Swim 1:15-5:00	Open Swim 4:00-5:30	Open Swim 1:30-5:15	Open Swim 1:15-5:15	Open Swim 1:00-4:30	
4:30						
5:00						
5:30						
6:00	Lane Swim 5:15-8:30	Open Swim 5:15-8:00	Lane Swim 5:15-8:30	Open Swim 5:15-8:00	Lane Swim 5:30-7:00	
6:30	Lessons 4:30-8:30	Booking 6:00-8:00	Open Swim 5:15-6:30 (1 lane)	Booking 6:00-8:00	Masters 6:15-6:30	
7:00		Swim Lessons 7:00-8:15	Booking 6:30-8:30	Swim lessons 7:00-8:30	Swim Lessons 4:30-7:15 PM	
7:30						
8:00						
8:30	Lane Swim 8:30-10:00	Swim Fit 8:00-9:00	Lane Swim 8:30-10:00	Swim Fit 8:00-9:00	Open Swim 7:00-10:00	
9:00	Open Swim 8:15-10:00	Open Swim 8:15-10:00	Open Swim 8:30-10:00	Open Swim 8:15-10:00	Open Swim 7:15-10:00	
9:30						
10:00						

***Please be advised that this schedule is a working draft and is subject to change**
Please check the YMCA App for an up to date schedule

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

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.

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. Ratio under adult supervision is one adult-to-two-children maximum.
- Family Swim: All children under 18Y must be accompanied by an adult / guardian.
- H2O Workouts will run with a minimum of three participants. Minimum participant age is 12 years.
- Depending on other scheduled activities, lane swimming may be reduced to one lane.