



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: 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

Note: Schedule is subject to change

YMCA CALGARY

Time	FREE MEMBER DROP-IN					REGISTERED ADULT PROGRAMS					REGISTERED YOUTH PROGRAMS					YOUTH DROP IN					PRESCHOOL																													
	***** 10-13y soccer will only run on the following weeks July 16 -20, July 30 - Aug 3, Aug 13 - 17*****																									*****July 16th - July 20th U12 Basketball camps will take full gym for the full day*****																								
	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday																			
	Gym 1	Gym 2	Studio West	Studio East	Yoga Studio	Gym 1	Gym 2	Studio West	Studio East	Yoga Studio	Gym 1	Gym 2	Studio West	Studio East	Yoga Studio	Gym 1	Gym 2	Studio West	Studio East	Yoga Studio	Gym 1	Gym 2	Studio West	Studio East	Yoga Studio	Gym 1	Gym 2	Studio West	Studio East	Yoga Studio	Gym 1	Gym 2	Studio West	Studio East	Yoga Studio															
5:30																																																		
6:00	Open Gym																																																	
6:30				Muscle Works 6:10 - 7:00																																														
7:00	Adult B-ball 6:30-8:00		Bootcamp 7:00-8:00																																															
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9:00																																																		
9:30	Open Gym	Open Gym																																																
10:00	Open Gym	Open Gym	Open 10:00-10:45																																															
10:30				Gentle Yoga 10:00-11:00																																														
11:00																																																		
11:30																																																		
12:00																																																		
12:30	Muscle Works 12:05-12:50	** Basketball 12:00-1:00	Group Cycle 12:05-12:50	Cardio & Core 12:05-12:50	Yoga 12:00-1:00	Cross Training 12:05-12:50	Zumba 12:05-12:50	Group Blast 12:00-1:00	Yoga 12:05-12:50		Group Power 12:00-1:00	Core Strength 12:05-12:50	Cardio Core 12:05-12:50	Yoga Level 2 12:00-1:00	H.I.I.T 12:05-12:50	** Basketball 12:00-1:00	Zumba 12:05-12:50	Instructor's Choice 12:05-12:50	Tai Chi 12:05-12:50	Group Power 12:00-1:00	** Basketball 12:00-1:00	Group Cycle 12:05-12:50	Cardio Core 12:05-12:50	Yoga 12:00-1:00		Family Gym 12:15-1:45	Open Gym 12:15-1:45				Family Gym 12:15-1:45	Open Gym 12:15-1:45				Family Gym 12:15-1:45	Open Gym 12:15-1:45				Family Gym 12:15-1:45	Open Gym 12:15-1:45								
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7:00	Youth Program																																																	
7:30																																																		
8:00																																																		
8:30	Drop In Adult Volleyball 8:00-10:00																																																	
9:00																																																		
9:30																																																		
10:00																																																		

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) 403-781-1669

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