



Melcor YMCA at Crowfoot

8100 John Laurie Blvd NW
(403) 547-6576

GYM SCHEDULE Fall 2018

Effective: September 10 - December 16

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 September 21, 2018

YMCA CALGARY

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	Gym	Multipurpose Room	Weight Floor/RmA	Gym	Multipurpose Room	Weight Floor/RmA	Gym	Multipurpose Room	Weight Floor/RmA	Gym	Multipurpose Room	Weight Floor/RmA	Gym	Multipurpose Room	Weight Floor/RmA	Gym	Multipurpose Room	Weight Floor/RmA	Gym	Multipurpose Room	Weight Floor/RmA
5:30	1	2		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
6:00	Open Gym 5:30-7:15															GYMS & STUDIO SPACE OPEN AT 7:00 ON SATURDAY			GYMS & STUDIO SPACE OPEN AT 7:00 ON SUNDAY		
6:30																					
7:00																					
7:30	Open Gym 7:15-9:00	Healthy Living 7:30-8:30																			
8:00																					
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9:00																					
9:30	Zumba 9:15-10:15																				
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* = Must Check in at Front Desk prior to class

CHILD = 0Y - 11Y | YOUTH = 12Y - 17Y | ADULT = 18Y & OVER

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 twelve years of age and older must provide appropriate photo 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 Members Only Badminton: Sign up at Member Services. Play time is restricted to 30 minutes per 2 members, and a maximum of 1 hour per household per day.

USAGE AND GUIDELINES
 - Fitness classes will run with a minimum of three participants. Minimum participant age is 12 years.
 - 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.

CHILD MINDING HOURS (Child Minding direct phone number: 403-241-4618)
 Monday, Thursday 8:30am-8:00am
 Tuesday, Wednesday, Friday 8:30am-5:00am
 Saturday 8:30am-1:00am
 Sunday 9:00am-1:00am

Note: Child Minding will open only if a minimum of 3 children are booked 24 hours in advance.