



Melcor YMCA at Crowfoot

8100 John Laurie Blvd NW
(403) 547-6576

POOL SCHEDULE

Fall 2018

Effective: September 10 - December 16

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

*Schedule is Subject to Change

YMCA CALGARY

DROP-IN | **REGISTRATION REQ'D**
Preschool | Youth | Adult

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	25 METRE POOL	25 METRE POOL	25 METRE POOL	25 METRE POOL	25 METRE POOL	25 METRE POOL	25 METRE POOL
5:30		Lane Swim 5:30-6:45 (3 Lanes)		Lane Swim 5:30-6:45 (3 Lanes)		POOL OPENS AT 7:00 ON SATURDAY	
6:00	Lane Swim 5:30-8:15 (6 lanes)	Triathlon Swim 5:40-6:40		Triathlon Swim 5:40-6:40		POOL OPENS AT 7:00 ON SUNDAY	
6:30		Lane Swim 6:45-8:00 (4 lanes)		Lane Swim 6:45-9:00 (4 lanes)		Lane Swim 7:00-8:45 (6 lanes)	
7:00		Triathlon Swim 6:40-7:40		Triathlon Swim 6:40-7:40		Open Swim 7:00-8:45	
7:30		Take Down		Tethered Running 7:45-8:45		Open Swim 7:00-8:45	
8:00	Set-up			Set-up		Set-up	
8:30	Lane Swim 8:15-9:30 (2 Lanes)		Lane Swim 8:15-9:30 (2 Lanes)	Deep H2O Workout 8:30-9:15	Lane Swim 8:15-9:30 (2 Lanes)	Set-up	
9:00	Take Down		Take Down	Take Down	Take Down	Set-up	
9:30	Lane Swim 9:30-11:00 (3 lanes)	Lane Swim 8:00-11:00 (6 lanes)	Lane Swim 9:30-11:00 (3 lanes)	Lane Swim 9:00-11:00 (6 lanes)	Lane Swim 9:30-11:00 (3 lanes)	Set-up	
10:00	Swimfit 9:30-10:30		Swimfit 9:30-10:30	Swimfit 9:30-10:30	Swimfit 9:30-10:30	Set-up	
10:30	Take Down		Take Down	Take Down	Take Down	Set-up	
11:00	Set-up		Set-up	Set-up	Set-up	Set-up	
11:30	Lane Swim 11:00-12:15 (2 lanes)	Deep H2O Workout 11:15-12:00	Lane Swim 11:00-12:15 (2 lanes)	Deep H2O Workout 11:15-12:00	Lane Swim 11:00-12:15 (2 lanes)	Set-up	
12:00	Take Down	Take Down	Take Down	Take Down	Take Down	Set-up	
12:30						Set-up	
1:00	Lane Swim 12:15-2:45 (3 lanes)	Lane Swim 11:00-4:30 (2 lanes)	Lane Swim 12:15-2:45 (3 lanes)	Lane Swim 11:00-3:45 (2 lanes)	Lane Swim 12:15-2:45 (3 lanes)	Open Swim 10:00-12:00 (3 Lanes)	
1:30	Open Swim 12:15-2:45	Open Swim 12:15-3:15	Open Swim 12:15-2:45	Open Swim 12:15-1:45	Open Swim 12:15-2:45	Open Swim 10:00-12:00 (3 Lanes)	
2:00						Open Swim 12:00-2:00 (2 Lanes)	
2:30	Set-up		Set-up	Set-up	Set-up	Open Swim 7:00-2:45	
3:00	Lane Swim 2:45-4:45 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-4:15 (2 lanes)	Shallow H2O Workout 3:00-3:45	Lane Swim 2:45-4:15 (2 lanes)	Open Swim 12:00-2:00 (3 lanes)	
3:30	Take Down	Take Down	Take Down	Take Down	Take Down	Open Swim 12:00-2:00 (3 lanes)	
4:00	Open Swim 4:00-4:45	Robert Thirkswim Team 3:30-4:30	Open Swim 3:15-4:15	Robert Thirkswim Team 3:30-4:30	Open Swim 3:15-4:15	Open Swim 12:00-2:00 (3 lanes)	
4:30	Set-up	Take Down	Set-up	Set-up	Set-up	Open Swim 12:00-2:00 (3 lanes)	
5:00	Lane Swim (1 Lane)	Lane Swim (1 Lane) 4:30-6:00	Lane Swim (1 Lane)	Lane Swim (1 Lane)	Lane Swim (1 Lane)	Open Swim 12:00-2:00 (3 lanes)	
5:30	Just Keep Swimming 5:30-7:00	Swim Club 5:00-8:00	Youth Lessons 4:30-8:00	Youth Lessons 4:30-8:00	Youth Lessons 4:30-7:45	Open Swim 12:00-2:00 (3 lanes)	
6:00	Swim Club 5:00-8:00	Swim Club 5:00-8:00	Youth Lessons 4:30-8:00	Youth Lessons 4:30-8:00	Youth Lessons 4:30-7:45	Open Swim 12:00-2:00 (3 lanes)	
6:30	Swim Club 5:00-8:00	Swim Club 5:00-8:00	Youth Lessons 4:30-8:00	Youth Lessons 4:30-8:00	Youth Lessons 4:30-7:45	Open Swim 12:00-2:00 (3 lanes)	
7:00	Lane Swim (2 Lanes) 7:00-8:00	Adult Lessons 7:00-8:00	Adult Lessons 7:00-8:00	Adult Lessons 7:00-8:00	Adult Lessons 7:00-8:00	Open Swim 12:00-2:00 (3 lanes)	
7:30	Take Down	Take Down	Take Down	Take Down	Take Down	Open Swim 12:00-2:00 (3 lanes)	
8:00	Take Down	Take Down	Take Down	Take Down	Take Down	Open Swim 12:00-2:00 (3 lanes)	
8:30	Lane Swim 8:15-10:00 (4 Lanes)	Open Swim 8:15-10:00	Lane Swim 8:15-10:00 (4 Lanes)	Open Swim 8:15-10:00	Lane Swim 8:15-10:00 (4 Lanes)	Open Swim 12:00-2:00 (3 lanes)	
9:00	Open Swim 8:15-10:00	Open Swim 8:15-10:00	Open Swim 8:15-10:00	Open Swim 8:15-10:00	Open Swim 8:15-10:00	Open Swim 12:00-2:00 (3 lanes)	
9:30	Open Swim 8:15-10:00	Open Swim 8:15-10:00	Open Swim 8:15-10:00	Open Swim 8:15-10:00	Open Swim 8:15-10:00	Open Swim 12:00-2:00 (3 lanes)	

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.

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.