



Melcor YMCA at Crowfoot

8100 John Laurie Blvd NW
(403) 547-6576

GYM SCHEDULE Winter 2018

Effective: January 7 - March 24

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

		Preschool			Youth			Adult			Grade 6			Drop-In			Members Only			CHILD = 0Y - 11Y			YOUTH = 12Y - 17Y			ADULT = 18Y & OVER			* = Must Check in at Front Desk prior to class																	
		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											
		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3						
5:30																																														
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				*Group Cycle 6-6:45																																										
7:00			Set-up																																											
7:30		Open Gym 7:15-9:00	Healthy Living 7:30-8:30																																											
8:00																																														
8:30																																														
9:00																																														
9:30		High Fitness 9:15-10:15																																												
10:00		Take Down																																												
10:30		Group Power 10:30-11:30																																												
11:00																																														
11:30																																														
12:00		Members Only Pickle Ball (reservations required - please contact member services) 12:00-2:30																																												
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4:00		U9 SNYB 4:00-5:00	Badminton 4:00-5:00																																											
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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-8:00pm
 Tuesday, Wednesday, Friday 8:30am-5:00pm
 Saturday, Sunday 9:00am-1:00pm

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