



Melcor YMCA at Crowfoot

8100 John Laurie Blvd NW
(403) 547-6576

POOL SCHEDULE

Winter 2018
Effective: January 7 - March 24

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
5:30	25 METRE POOL	25 METRE POOL	25 METRE POOL	25 METRE POOL	25 METRE POOL	POOL OPENS AT 7:00 ON SATURDAY	
6:00	Lane Swim 5:30 - 8:15 (6 lanes)	Lane Swim 5:30-6:45 (3 Lanes) Swimfit 5:40-6:40	Lane Swim 5:30 - 8:15 (6 lanes)	Lane Swim 5:30-6:45 (3 Lanes) Swimfit 5:40-6:40	Lane Swim 5:30 - 8:15 (6 lanes)	POOL OPENS AT 7:00 ON SUNDAY	
6:30		Lane Swim 6:45-8:00 (4 lanes) Swimfit 6:40-7:40		Lane Swim 6:45-9:00 (4 lanes) Swimfit 6:40-7:40			
7:00		Open Swim 5:30-9:45		Open Swim 5:30-8:45			
7:30		Take Down		Open Swim 5:30-9:45			
8:00	Lane Swim 8:15-9:30 (2 Lanes) Set-up		Lane Swim 8:15-9:30 (2 Lanes) Set-up	Lane Swim 8:15-9:30 (2 Lanes) Set-up	Lane Swim 8:15-9:30 (2 Lanes) Set-up	Lane Swim 7:00-8:45 (6 lanes)	Lane Swim 7:00-9:45 (6 lanes)
8:30	Deep H2O Workout 8:30-9:15		Deep H2O Workout 8:30-9:15	Deep H2O Workout 8:30-9:15	Deep H2O Workout 8:30-9:15	Open Swim 7:00-8:45	
9:00	Take Down		Take Down	Take Down	Take Down		
9:30	Lane Swim 9:30-11:00 (3 lanes) Swimfit 9:30-10:30	Lane Swim 8:00-11:00 (6 lanes)	Lane Swim 9:30-11:00 (3 lanes) Swimfit 9:30-10:30	Lane Swim 9:00-11:00 (6 lanes) Swimfit 9:30-10:30	Lane Swim 9:30-11:00 (3 lanes) Swimfit 9:30-10:30		
10:00	Take Down		Take Down	Take Down	Take Down		
10:30		Preschool Lessons 10:00-12:00		Preschool Lessons 10:00-12:00	Preschool Lessons 10:00-11:00		
11:00	Lane Swim 11:00-12:15 (2 lanes) Set-up		Lane Swim 11:00-12:15 (2 lanes) Set-up	Lane Swim 11:00-12:15 (2 lanes) Set-up	Lane Swim 11:00-12:15 (2 lanes) Set-up		
11:30	Shallow H2O Workout 11:15-12:00	Deep H2O Workout 11:15-12:00	Shallow H2O Workout 11:15-12:00	Shallow H2O Workout 11:15-12:00	Shallow H2O Workout 11:15-12:00		
12:00	Take Down	Take Down	Take Down	Take Down	Take Down		
12:30							
1:00	Lane Swim 12:15-2:45 (3 lanes) Open Swim 12:15-2:45	Lane Swim 11:00-4:30 (2 lanes)	Lane Swim 12:15-2:45 (3 lanes) Open Swim 12:15-2:45	Lane Swim 12:15-2:45 (3 lanes) Open Swim 12:15-2:45	Lane Swim 12:15-2:45 (3 lanes) Open Swim 12:15-2:45		
1:30							
2:00	Set-up	Open Swim 12:15-4:45	Set-up	Set-up	Set-up		
2:30	YMCA Preschool 2:00-2:30 Preschool Lessons 2:30-3:00		Preschool Lessons 2:00-3:00	Preschool Lessons 2:00-3:00	Preschool Lessons 2:00-3:00		
3:00	Lane Swim 2:45-4:45 (2 lanes) Set-up		Lane Swim 2:45-4:15 (2 lanes) Set-up	Lane Swim 2:45-4:45 (2 lanes) Set-up	Lane Swim 2:45-4:15 (2 lanes) Set-up		
3:30	Shallow H2O Workout 3:00-3:45		Shallow H2O Workout 3:00-3:45	Shallow H2O Workout 3:00-3:45	Shallow H2O Workout 3:00-3:45		
4:00	Take Down		Take Down	Take Down	Take Down		
4:30	Open Swim 4:00-4:45		Open Swim 3:15-4:45	Open Swim 3:15-4:45	Open Swim 3:15-4:45		
5:00	Set-up		Set-up	Set-up	Set-up		
5:30	Private Lessons 5:00-6:00	Lane Swim (1 Lane) 4:30-7:00 Private Lessons (1 Lane) 4:30-7:00	Private Lessons (1 Lane) 4:30-7:00	Private Lessons (1 Lane) 4:30-7:00	Private Lessons (1 Lane) 4:30-7:00		
6:00	Lane Swim (1 Lane) 5:00-8:00 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 4:30-8:00		
6:30	Lane Swim (1 Lane) 6:00-8:00	Adult Lessons 6:30-7:30	Adult Lessons 6:30-7:30	Adult Lessons 6:30-7:30	Adult Lessons 6:30-7:30		
7:00	Take Down	Lane Swim (2 Lanes) 7:00-8:00	Take Down	Take Down	Take Down		
7:30							
8:00	Take Down	Take Down	Take Down	Take Down	Take Down		
8:30	Lane Swim 8:15-10:00 (4 Lanes) Open Swim 8:15-10:00	Lane Swim 8:15-10:00 (2 Lanes) Deep H2O Workout 8:15-9:00	Lane Swim 8:15-10:00 (4 Lanes) Open Swim 8:15-10:00	Lane Swim 8:15-10:00 (2 Lanes) Deep H2O Workout 8:15-9:00	Lane Swim 8:15-10:00 (2 Lanes) Deep H2O Workout 8:15-9:00		
9:00		Open Swim 8:15-10:00		Open Swim 8:15-10:00	Open Swim 8:15-10:00		
9:30		Open Swim 9:15-10:00		Open Swim 9:15-10:00	Open Swim 9:15-10:00		

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.