Melcor YMCA at Crowfoot

8100 John Laurie Blvd NW
(403) 547-6576

GYM SCHEDULE

Interim 2018

Effective: Dec 17 - Dec 23

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 December 6, 2018

YMCA CALGARY

Preschool | Youth | Adult | Drop-In | Members Only

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

* = Must Check in at Front Desk prior to class

Dec-17

	Gym 1	Gym 2	Multipurpose Room 1	Multipurpose Room 2	Multipurpose Room 3	Weight Floor/ RmA
5:30						
6:00						
6:30						
7:00	Open Gym 5:30-9:00					
7:30						
8:00						
8:30						
9:00	Set-up					
9:30	Zumba 9:15-10:15				* Group Cycle 9:30-10:30	
10:00	Set-up					
10:30	Group Power 10:30-11:30					
11:00					Gentle Fit 11:00-12:00	
11:30			Set-up			
12:00			AHS HLP 12:00-3:15			
12:30						
1:00						
1:30						
2:00						
2:30	Open Gym 11:45-10:00		Set-up			
3:00						
3:30						
4:00						
4:30						
5:00			*Gentle Yoga 6:30-7:30			
5:30						
6:00					*Circuit Training 6:15-7:15	
6:30						
7:00					*Step Fit 7:30-8:30	
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						

Dec-18

	Gym 1	Gym 2	Multipurpose Room 1	Multipurpose Room 2	Multipurpose Room 3	Weight Floor/ RmA
5:30						
6:00	Open Gym 5:30-7:45					
6:30						
7:00						
7:30	Set-up					
8:00	Open Volleyball 8:00-9:00					
8:30						
9:00	Set-up					
9:30	Step Circuit 9:15-10:15				*Group Cycle 9:30-10:30	
10:00	Set-up					
10:30	HIIT 10:30-11:30					
11:00						
11:30	Set-up					
12:00						
12:30						
1:00	Open Gym 11:45-6:00					
1:30						
2:00						
2:30						
3:00						
3:30						
4:00					Tutoring 4:00-6:00	
4:30						
5:00						
5:30						
6:00	Take Down					
6:30	Group Power 6:15-7:15					
7:00	Take Down					
7:30	*Zumba 7:30-8:30					
8:00						
8:30	Take Down					
9:00						
9:30	Open Gym 8:45-10:00					
10:00						

Dec-19

	Gym 1	Gym 2	Multipurpose Room 1	Multipurpose Room 2	Multipurpose Room 3	Weight Floor/ RmA
5:30	Open Gym 5:30-7:15	Set-up				
6:00		Open Badminton 6:00-7:15				
6:30						
7:00	Set-up					
7:30	Open Gym 7:30-9:00					
8:00						
8:30						
9:00	Set-up					
9:30	Group Blast 9:15-10:15					
10:00	Take Down					
10:30	Bootcamp 10:30-11:30					
11:00						
11:30	Set-up					
12:00						
12:30						
1:00						
1:30	Open Gym 11:45-7:30					
2:00						
2:30						
3:00						
3:30						
4:00						
4:30						
5:00						
5:30						
6:00						
6:30						
7:00	Set-up					
7:30	Members Only Family Badminton (reservations required - please contact member services) 7:30-10:00					
8:00						
8:30						
9:00						
9:30						
10:00						

Dec-19 (continued)

	Gym 1	Gym 2	Multipurpose Room 1	Multipurpose Room 2	Multipurpose Room 3	Weight Floor/ RmA
5:30						
6:00						
6:30						
7:00						
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						
10:30						
11:00					Gentle Fit 11:00-12:00	
11:30			Set-up			
12:00			AHS HLP 12:00-3:15			
12:30						
1:00						
1:30						
2:00						
2:30			Set-up			
3:00						
3:30						
4:00						
4:30						
5:00			*Gentle Yoga 6:30-7:30			
5:30						
6:00					Group Blast 6:15-7:15	
6:30						
7:00					Group Cycle 7:30-8:30	
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						

Dec-20

	Gym 1	Gym 2	Multipurpose Room 1	Multipurpose Room 2	Multipurpose Room 3	Weight Floor/ RmA
5:30						
6:00	Open Gym 5:30-7:45					
6:30						
7:00						
7:30	Set-up					
8:00	Open Volleyball 8:00-9:00					
8:30						
9:00	Set-up					
9:30	Group Power 9:15-10:15				*Group Cycle 9:30-10:30	
10:00	Take Down					
10:30	High Fitness 10:30-11:30					
11:00						
11:30	Set-up					
12:00						
12:30						
1:00	Open Gym 11:45-6:00					
1:30						
2:00						
2:30						
3:00						
3:30						
4:00					Tutoring 4:00-6:00	
4:30						
5:00						
5:30						
6:00	Take Down					
6:30	Group Power 6:15-7:15					
7:00	Set-up					
7:30	Open Gym 7:30-10:00					
8:00						
8:30						
9:00						
9:30						
10:00						

Dec-21

	Gym 1	Gym 2	Multipurpose Room 1	Multipurpose Room 2	Multipurpose Room 3	Weight Floor/ RmA
5:30	Open Gym 5:30-7:15	Set-up				
6:00		Open Badminton 6:00-7:15				
6:30						
7:00	Set-up					
7:30	Open Gym 7:30-9:00					
8:00						
8:30						
9:00	Set-up					
9:30	Group Blast 9:15-10:15					
10:00	Take Down					
10:30	Group Power 10:30-11:30					
11:00						
11:30	Take Down					
12:00						
12:30						
1:00						
1:30	Open Gym 11:45-5:00					
2:00						
2:30						
3:00						
3:30						
4:00						
4:30						
5:00	Set-up		Flames Friday 5:00-6:00			
5:30						
6:00						
6:30						
7:00	Youth Basketball 5:15-10:00		*Gentle Yoga 7:30-8:30			
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						

Dec-22

	Gym 1	Gym 2	Multipurpose Room 1	Multipurpose Room 2	Multipurpose Room 3	Weight Floor/ RmA
5:30	GYMS & STUDIO SPACE OPEN AT 7:00 ON SATURDAY					
6:00						
6:30						
7:00	Open Badminton 7:00-9:00					
7:30						
8:00						
8:30						
9:00	Set-up					
9:30	Zumba 9:15-10:15		*Gentle Yoga 9:00 - 10:00			
10:00	Set-up					
10:30	Group Power 10:30-11:30					
11:00						
11:30	Set-up					
12:00						
12:30						
1:00						
1:30	Open Gym 11:45-6:15					
2:00						
2:30						
3:00						
3:30						
4:00						
4:30						
5:00						
5:30						
6:00	Set-up					
6:30	Open Badminton 6:30-8:00					
7:00						
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						

Dec-23

	Gym 1	Gym 2	Multipurpose Room 1	Multipurpose Room 2	Multipurpose Room 3	Weight Floor/ RmA
5:30	GYMS & STUDIO SPACE OPEN AT 7:00 ON SUNDAY					
6:00						
6:30						
7:00	Open Badminton 7:00-9:00					
7:30						
8:00						
8:30						
9:00	Set-up					
9:30	Group Power 9:15-10:15		Active Yoga 9:15-10:15		*Group Cycle 9:30-10:30	Walking Club 10:00-11:00 *Offsite
10:00	Take Down					
10:30	Drums Alive 10:30-11:30					
11:00						
11:30	Take Down					
12:00	Members Only Family Badminton (reservations required - please contact member services) 11:45-3:45					
12:30						
1:00						
1:30						
2:00						
2:30						
3:00						
3:30						
4:00	Take Down					
4:30	Open Gym 4:00-8:00					
5:00						
5:30						
6:00						
6:30						
7:00						
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						

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.

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.