



Melcor YMCA at Crowfoot

8100 John Laurie Blvd NW
(403) 547-6576

YMCA CALGARY

GYM SCHEDULE

Interim 2018

Effective: Dec 24 - Dec 30

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

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

Time	Dec-24				Weight Floor/RmA	Dec-25				Weight Floor/RmA	Dec-26				Weight Floor/RmA	Dec-27				Weight Floor/RmA	Dec-28				Weight Floor/RmA	Dec-29				Weight Floor/RmA	Dec-30				Weight Floor/RmA
	Gym 1	Gym 2	Multipurpose Room 1	Multipurpose Room 2		Multipurpose Room 3	Gym 1	Gym 2	Multipurpose Room 1		Multipurpose Room 2	Multipurpose Room 3	Gym 1	Gym 2		Multipurpose Room 1	Multipurpose Room 2	Multipurpose Room 3	Gym 1		Gym 2	Multipurpose Room 1	Multipurpose Room 2	Multipurpose Room 3		Gym 1	Gym 2	Multipurpose Room 1	Multipurpose Room 2		Multipurpose Room 3	Gym 1	Gym 2	Multipurpose Room 1	
5:30																																			
6:00						GYMS & STUDIO SPACE OPEN AT 7:00 ON DECEMBER 26																													
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																																		
10:00	Set-up																																		
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11:00																																			
11:30																																			
12:00																																			
12:30																																			
1:00	Open Gym 10:30-6:00																																		
1:30		AHS HLP 12:00-3:15																																	
2:00						CLOSED FOR THE HOLIDAY																													
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CHILD MINDING HOURS (Child Minding direct phone number: 403-241-4618)

December 24th 9:00am-1:00pm
 December 25th, 26th Closed
 December 27th - 30th 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.