



Melcor YMCA at Crowfoot

8100 John Laurie Blvd NW
(403) 547-6576

POOL 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

YMCA CALGARY

* = Must Check in at Front Desk prior to class

Preschool Youth Adult Drop-In Members Only

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

	Dec-24		Dec-25		Dec-26		Dec-27		Dec-28		Dec-29		Dec-30	
	25 METRE POOL	TRAINING POOL	25 METRE POOL	TRAINING POOL	25 METRE POOL	TRAINING POOL	25 METRE POOL	TRAINING POOL	25 METRE POOL	TRAINING POOL	25 METRE POOL	TRAINING POOL	25 METRE POOL	TRAINING POOL
5:30	Lane Swim 5:30 - 8:15 (6 Lanes)		POOL OPENS AT 7:00 ON DECEMBER 26		Lane Swim 7:00-9:00 (6 Lanes)		Lane Swim 5:30 - 8:45 (6 Lanes)		Lane Swim 5:30 - 8:15 (6 Lanes)		POOL OPENS AT 7:00 ON SATURDAY		POOL OPENS AT 7:00 ON SUNDAY	
6:00														
6:30														
7:00														
7:30														
8:00														
8:30	Lane Swim 8:15 - 9:30 (3 Lanes)	Set-up					Set-up		Lane Swim 8:15 - 9:30 (3 Lanes)	Set-up				
8:30	Deep H2O Workout 8:30-9:15								Deep H2O Workout 8:30-9:15					
9:00	Set-up								Set-up					
9:30	Lane Swim 9:30 - 11:00 (3 Lanes)	Open Swim 9:30-11:00 (2 Lanes)					Open Swim 9:00-11:00 (3 Lanes)		Lane Swim 9:30 - 11:00 (3 Lanes)	Open Swim 9:30-11:00 (2 Lanes)				
10:00														
10:30														
11:00	Set-up								Set-up					
11:00	Lane Swim 11:15 - 12:15 (3 Lanes)	Shallow H2O Workout 11:15-12:00					Lane Swim 11:00-12:15 (2 Lanes)		Lane Swim 11:15 - 12:15 (3 Lanes)	Shallow H2O Workout 11:15-12:00				
11:30	Set-up								Set-up					
12:00														
12:30														
1:00														
1:30														
2:00	Lane Swim 12:15-4:30 (3 Lanes)	Open Swim 12:15-4:30 (3 Lanes)	CLOSED						Open Swim 5:30-10:00		Open Swim 5:30-10:00		Open Swim 7:00-8:00	
2:30														
3:00														
3:30														
4:00					Lane Swim 9:15-10:00 (3 Lanes)		Open Swim 9:15-10:00 (3 Lanes)							
4:30														
5:00									Lane Swim 12:15-10:00 (3 Lanes)		Open Swim 12:15-10:30 (3 Lanes)			
5:30														
6:00														
6:30														
7:00	GYMS & STUDIO SPACE CLOSE AT 4:30PM ON DECEMBER 24th													
7:30														
8:00											POOL CLOSES AT 8:00 ON SATURDAY		POOL CLOSES AT 8:00 ON SUNDAY	
8:30														
9:00														
9:30														

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.