



# SCHEDULE

## MONDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
AM				Open Gym 7:00-7:45 Bootcamp 9:15-10:00 Pilates 11:00-11:45	Closed	Lane Swim 6:00-6:45 7:00-7:45 8:00-8:45  AquaFit 9:00-9:45  Lane Swim 10:00-10:45 11:00-11:45
PM				Open Gym 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45  MuscleFit 6:45-7:30	Closed	Lane Swim 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:15 7:00-7:45

## TUESDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
AM				Open Gym 7:00-7:45 8:00-8:45  Cycle Fit 9:15-10:00  Zumba Gold 11:15-12:00	Closed	Lane Swim 6:00-6:45 7:00-7:45 8:00-8:45  AquaFit 9:00-9:45  Hydrotherapy 10:15-11:00  Lane Swim 11:15-12:00
PM				Open Gym 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45  Core 5:30-6:00  Cycle Fit 6:45-7:30	Closed	Lane Swim 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:15  AquaFit 7:00-7:45

## WEDNESDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
AM				Open Gym 7:00-7:45  Muscle Fit 9:15-10:00  Pilates 11:00-11:45	Closed	Lane Swim 6:00-6:45 7:00-7:45 8:00-8:45  AquaFit 9:00-9:45  Lane Swim 10:00-10:45 11:00-11:45
PM				Open Gym 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45  Cycle Fit 6:45-7:30	Closed	Lane Swim 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:15  AquaFit 7:00-7:45

## THURSDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
AM				Open Gym 7:00-7:45 8:00-8:45  Cycle Fit 9:15-10:00  WalkFit 11:00-11:45	Closed	Lane Swim 6:00-6:45 7:00-7:45 8:00-8:45  AquaFit 9:00-9:45  Hydrotherapy 10:15-11:00  Lane Swim 11:15-12:00
PM				Open Gym 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45  Muscle Fit 6:45-7:30	Closed	Lane Swim 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:15  AquaFit 7:00-7:45

## FRIDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
AM				Open Gym 7:00-7:45 MuscleFit 9:15-10:00 Pilates 11:00-11:45	Closed	Lane Swim 6:00-7:00 7:15-8:15 8:30-9:30  AquaFit 9:45-10:30  Lane Swim 11:00-12:00
PM	Yoga 6:45-7:45			Open Gym 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45	Closed	Lane Swim 2:30-3:30 3:45-4:45 5:00-6:00 6:15-7:15

## SATURDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
AM	Yoga 11:15-12:15			MuscleFit 8:45-9:30 Cycle Fit 9:45-10:30 Open Gym 11:00-11:45	Closed	Lane Swim 8:00-8:45 9:00-9:45 10:00-10:45 11:00-11:45
PM				Open Gym 12:00-12:45	Closed	Lane Swim 12:00-12:45 1:00-1:45

## SUNDAY

	Studio	Community Room "A"	Community Room "B"	Gymnasium	Small Pool	Large Pool
AM				Open Gym 8:00-8:45 Cycle Fit 9:45-10:30 Open Gym 11:00-11:45	Closed	Lane Swim 8:00-8:45 9:00-9:45 10:00-10:45 11:00-11:45
PM				Open Gym 12:00-12:45	Closed	Lane Swim 12:00-12:45 1:00-1:45

## SWIM LESSON SCHEDULE

Registration & Membership Required

Lessons are 30 minutes in length with 5 minute transition times between lessons.

**Children Under 10 years of age** For a complete Swim Lesson Schedule, please visit the YMCA Membership Desk or visit [ymcahbb.ca](http://ymcahbb.ca).

- Adult or guardian (min. 14 yrs), must be in facility
- Must be signed in and out of Swim Lesson by adult or guardian (min. 14 yrs)

**Reporting Absences:** Please notify us if your child will be absent for more than 2 weeks in a row. Three missed classes will result in withdrawal from the class. Absences can be reported by email: [leschater.absence@ymcahbb.ca](mailto:leschater.absence@ymcahbb.ca)

**Annual Pool Sauna** will **Please remove this info underneath - old** **irpool and**

### Whirlpool Spa Admission Criteria

MUST be 12 years of age or accompanied by an adult or guardian (minimum 16 years of age). Under 10 years of age, parent or guardian must supervise in water. Not recommended for children under 5 years of age. The Whirlpool and Sauna may be closed during Family Swim Lesson times. Please contact branch for details.

### Recreational Swimming - Aquatic Admission Criteria

**0-6 yrs** - Must be supervised by an adult or guardian (min. 14 yrs) in the water. *Max 2:1 ratio*

**7-9 yrs** - If unable to pass a facility swim test, must be supervised by a guardian (min. 14 yrs of age) in the water (2:1 ratio). If able to successfully pass the facility swim test, children may swim independently. Adult or guardian (min. 14 years of age) must be on pool deck.

**10 + yrs** are welcome to use the pool, subject to their swimming abilities.

### Play Centre

Child Minding - Ages 0-3 years

**Fees:**  
**Single Child Card (8 Hours): \$32**  
**Family Card - 2 or more children (8 hours): \$44**

### Hours of Service:

Closed until further notice

356 Rymal Road East  
 Hamilton, ON L9B 1C2  
 phone: 905-667-1515  
 fax: 905-667-5879  
[leschater.membership@ymcahbb.ca](mailto:leschater.membership@ymcahbb.ca)  
[www.ymcahbb.ca](http://www.ymcahbb.ca)

### Facility Hours:

Mon-Fri: 6:00 am - 8:00 pm  
 Saturday: 8:00 am - 2:00 pm  
 Sunday: 8:00 am - 2:00 pm  
 Holiday: To be scheduled