Schedule at a Glance - Les Chater Family YMCA

November 30 - December 20, 2026

(updated: Nov 5)

MONDAY

	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
5:30 AM	Open Gym 5:30 - 9:00				
6:00 AM				Member Lane Swim 6:00 - 6:45	
6:30 AM			*NEW* launching November 30 Gravity 8:00 - 8:30 (Room B)	AquaFit 7:00 - 7:45	
7:00 AM				Member Open Swim 8:00 - 8:45	
7:30 AM					
8:00 AM				AquaFit 9:00 - 9:45	
8:30 AM					
9:00 AM	HIIT 9:15 - 10:00	BodyFit 9:15 - 10:00	Queenax 8:15 - 9:00 (Fitness Centre)		
9:30 AM		TRX 10:15 - 11:00		HydroTherapy 10:00 - 10:45	
10:00 AM					
10:30 AM	Pilates 11:15 - 12:15	GentleFit 11:15 - 12:00		Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00
11:00 AM			CanWell 1:00 - 3:00 (Fitness Centre)		
11:30 AM		Chair Yoga 12:15 - 1:00		Pool Deck Closed 12:00 - 1:00	
12:00 PM					
12:30 PM					
1:00 PM	WalkFit 1:00 - 1:45		*NEW* launching November 30 Gravity 4:00 - 4:30 (Room B)	Member Lane Swim 1:00 - 3:45	
1:30 PM					
2:00 PM	Open Gym 2:00 - 4:30				
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM	Basketball Skills & Drills (3 - 5 yrs) 4:45 - 5:30			Swim Lessons 4:00 - 7:00	
4:30 PM					
5:00 PM					
5:30 PM	Basketball Skills & Drills (6 - 9 yrs) 5:40 - 6:40	Cycle Fit 5:30 - 6:30			
6:00 PM		Zumba 6:45 - 7:30			
6:30 PM					
7:00 PM	Badminton 7:00 - 9:45	Yoga 7:45 - 8:45		Adult Swim Lessons 7:00 - 7:30	Public Open Swim 7:00 - 8:55
7:30 PM			*NEW* launching November 30 Gravity 6:20 - 6:50 (Room B)	Public Open Swim 7:30 - 8:55	
8:00 PM					
8:30 PM					
9:00 PM				Public Lane Swim 9:00 - 9:45	
9:30 PM					
10:00 PM					

TUESDAY

	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
5:30 AM	Open Gym 5:30 - 10:20				
6:00 AM		HIIT 6:30 - 7:00	*NEW* launching November 30 Gravity 7:15 - 7:45 (Room B)	Public Lane Swim 6:00 - 8:45	
6:30 AM					
7:00 AM		ViPR Strength 8:15 - 9:00			
7:30 AM					
8:00 AM		CycleFit 9:30 - 10:15		AquaFit 9:00 - 9:45	
8:30 AM				HydroTherapy 10:00 - 10:45	
9:00 AM			*NEW* launching November 30 Gravity 10:30 - 11:00 (Room B)	Member Open Swim / Lane Swim (2) 11:00 - 12:55	Member Open Swim 11:00 - 12:00
9:30 AM	Healthy Hearts 10:35 - 10:55	Zumba Gold 11:00 - 11:45			
10:00 AM				Public Lane Swim 1:00 - 3:45	
10:30 AM	Pickleball 11:00 - 1:30	Cognitive Groove - A (Research Study) 12:15 - 1:15			
11:00 AM		Cognitive Groove - B (Research Study) 1:30 - 2:30			
11:30 AM		Fit for Function 3:00 - 4:00			
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM	Open Gym 1:45 - 4:30				
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM	Soccer Skills & Drills (3 - 5 yrs) 4:45 - 5:30	Strength & Conditioning 5:15 - 6:00	Youth Leadership Development (YLD) (10 - 15 yrs) 5:15 - 7:15	Swim Lessons 4:00 - 7:00	
4:30 PM					
5:00 PM					
5:30 PM	Soccer Skills & Drills (6 - 9 yrs) 5:40 - 6:40	CycleFit 6:15 - 7:00			
6:00 PM					
6:30 PM	YLD (10 - 16 yrs) 6:45 - 7:15	Stretch & Mobility 7:15 - 8:15			
7:00 PM			*NEW* launching November 30 Gravity 7:00 - 7:30 (Room B)	AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 8:55
7:30 PM				Member Open Swim / Lane Swim (2) 7:55 - 8:55	
8:00 PM	Member Basketball 7:20 - 9:45				
8:30 PM					
9:00 PM				Member Lane Swim 9:00 - 9:45	
9:30 PM					
10:00 PM					

WEDNESDAY

	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
5:30 AM	Open Gym 5:30 - 9:00				
6:00 AM		CycleFit 6:00 - 6:45		Member Lane Swim 6:00 - 8:45	
6:30 AM					
7:00 AM			*NEW* launching November 30 Gravity 8:00 - 8:30 (Room B)		
7:30 AM					
8:00 AM					
8:30 AM				AquaFit 9:00 - 9:45	
9:00 AM	Muscle Fit 9:15 - 10:00	Low Impact 9:15 - 10:00			
9:30 AM				HydroTherapy 10:00 - 10:45	
10:00 AM	CardioFit 10:15 - 11:00		Queenax 8:15 - 9:00 (Fitness Centre)		
10:30 AM					
11:00 AM	Pilates 11:15 - 12:15	GentleFit 11:15 - 12:00		Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00
11:30 AM			*NEW* launching November 30 Gravity 11:30 - 12:00 (Room B)		
12:00 PM		Balance + 12:15 - 1:00 (November 11 - December 16)		*NEW* AquaFit 12:05 - 12:50	
12:30 PM					
1:00 PM	Walk Fit 1:00 - 1:45				
1:30 PM		Studio Closed for Cleaning 1:15 - 2:15		Member Lane Swim 1:00 - 3:45	
2:00 PM	Open Gym 2:00 - 4:30				
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM	*NEW* A.B.C. (3 - 5 yrs) 4:45 - 5:30		Discovery Den (6 - 12 yrs) 4:30 - 5:30	Swim Lessons 4:00 - 7:00	
4:30 PM					
5:00 PM		CoreFit 5:30 - 6:00			
5:30 PM	*NEW* HER Sports Series (8 - 12 yrs) 5:45 - 6:45	Zumba 6:15 - 6:55	Discovery Den (3 - 5 yrs) 5:45 - 6:30		
6:00 PM					
6:30 PM		Yoga 7:15 - 8:15			
7:00 PM	Member Pickleball 7:00 - 9:45		*NEW* launching November 30 Gravity 6:20 - 6:50 (Room B)	AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 8:55
7:30 PM				Public Open Swim 7:55 - 8:55	
8:00 PM					
8:30 PM					
9:00 PM				Public Lane Swim 9:00 - 9:45	
9:30 PM					
10:00 PM					

THURSDAY

	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
5:30 AM	Open Gym 5:30 - 10:20				
6:00 AM			*NEW* launching November 30 Gravity 7:15 - 7:45 (Room B)	Public Lane Swim 6:00 - 8:45	
6:30 AM					
7:00 AM		ViPR Golf 8:15 - 9:00			
7:30 AM		CycleFit 9:30 - 10:15		AquaFit 9:00 - 9:45	
8:00 AM					
8:30 AM				HydroTherapy 10:00 - 10:45	
9:00 AM					
9:30 AM	Healthy Hearts 10:35 - 10:55	CoreFit 10:20 - 10:50			
10:00 AM				Member Open Swim / Lane Swim (2) 11:00 - 12:55	Member Open Swim 11:00 - 12:00
10:30 AM	Pickleball 11:00 - 1:30	Chair Yoga 11:15 - 12:00			
11:00 AM				Public Lane Swim 1:00 - 2:30	
11:30 AM		Cognitive Groove - A (Research Study) 12:15 - 1:15			
12:00 PM					
12:30 PM		Cognitive Groove - B (Research Study) 1:30 - 2:30		Public Open Swim / Lane Swim (2) 2:30 - 3:45	
1:00 PM					
1:30 PM	Open Gym 1:45 - 4:00	Fit for Function 3:00 - 4:00			
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM	Volleyball Skills & Drills (13 - 15 yrs) 4:15 - 5:15		Youth Strength & Conditioning Jr (10 - 12 yrs) 4:30 - 5:30 (Fitness Centre)	Swim Lessons 4:00 - 7:00	
4:30 PM					
5:00 PM					
5:30 PM	Volleyball Skills & Drills (6 - 9 yrs) 5:20 - 6:20				
6:00 PM		Bootcamp Circuit 6:15 - 7:00			
6:30 PM					
7:00 PM	Volleyball Skills & Drills (10 - 12 yrs) 6:25 - 7:25	Zumba 7:15 - 8:15	*NEW* launching November 30 Gravity 7:00 - 7:30 (Room B)	AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 8:55
7:30 PM				Member Open Swim / Lane Swim (2) 7:55 - 8:55	
8:00 PM					
8:30 PM	Member Basketball 7:40 - 9:45				
9:00 PM				Member Lane Swim 9:00 - 9:45	
9:30 PM					
10:00 PM					

FRIDAY

	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
5:30 AM	Open Gym 5:30 - 9:00				
6:00 AM			*NEW* launching November 30 Gravity 7:15 - 7:45 (Room B)	Member Lane Swim 6:00 - 6:45	
6:30 AM				AquaFit 7:00 - 7:45	
7:00 AM					
7:30 AM		TRX 8:15 - 9:00	*NEW* launching November 30 Gravity 8:00 - 8:30 (Room B)	Member Open Swim 8:00 - 8:45	
8:00 AM					
8:30 AM		BodyFit 9:15 - 10:00		AquaFit 9:00 - 9:45	
9:00 AM	MuscleFit 9:15 - 10:00				
9:30 AM				HydroTherapy 10:00 - 10:45	
10:00 AM	CardioFit 10:15 - 11:00				
10:30 AM				Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00
11:00 AM	Pilates 11:15 - 12:15	GentleFit 11:15 - 12:00			
11:30 AM				Pool Deck Closed 12:00 - 1:00	
12:00 PM		Balance + 12:15 - 1:00 (November 6 - December 16)			
12:30 PM	Pickleball 12:30 - 2:30				
1:00 PM			CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45	
1:30 PM					
2:00 PM					
2:30 PM	Open Gym 2:45 - 4:15				
3:00 PM					
3:30 PM					
4:00 PM				Swim Lessons 4:00 - 7:00	
4:30 PM	Basketball 3-on-3 (10 - 12 yrs) 4:30 - 5:30				
5:00 PM					
5:30 PM		Yoga 5:45 - 6:45			
6:00 PM	Basketball 3-on-3 (13 - 15 yrs) 5:45 - 6:45		*NEW* launching November 30 Gravity 6:20 - 6:50 (Room B)		
6:30 PM				Adult Swim Lessons 7:00 - 7:30	Public Open Swim 7:00 - 9:00
7:00 PM					
7:30 PM	Member Basketball 7:00 - 9:45			Public Open Swim 7:30 - 9:00	
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

SATURDAY

	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM	HIIT 8:15 - 9:00			Member Lane Swim 8:00 - 8:45	
8:30 AM					
9:00 AM	Open Gym 9:15 - 12:45	CycleFit 9:15 - 10:00	*NEW* launching November 30 Gravity 9:15 - 9:45 (Room B)	Swim Lessons 9:00 - 12:30	
9:30 AM		Zumba 10:15 - 11:00			
10:00 AM					
10:30 AM		Yoga 11:15 - 12:15			
11:00 AM					
11:30 AM				Pool Deck Closed 12:30 - 1:00	
12:00 PM					
12:30 PM					
1:00 PM	Birthday Party 1:00 - 3:00		*NEW* launching November 30 Gravity 1:30 - 2:00 (Room B)	Member Open Swim / Lane Swim (2) 1:00 - 2:25	Member Open Swim 1:00 - 2:30
1:30 PM					
2:00 PM				Public Open Swim 2:30 - 4:30	Public Open Swim 2:30 - 4:30
2:30 PM					
3:00 PM	Open Gym 3:15 - 5:45				
3:30 PM					
4:00 PM				Member Lane Swim 4:45 - 5:45	
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					

SUNDAY

	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM	Open Gym 8:00 - 4:00		*NEW* launching November 30 Gravity 8:30 - 9:00 (Room B)	Member Lane Swim 8:00 - 8:45	
8:30 AM					
9:00 AM		CycleFit 9:00 - 9:45		Swim Lessons 9:00 - 12:30	
9:30 AM		CoreFit 10:00 - 10:30			
10:00 AM		Yoga 10:45 - 11:45			
10:30 AM					
11:00 AM					
11:30 AM				Pool Deck Closed 12:30 - 1:00	
12:00 PM					
12:30 PM					
1:00 PM				Member Open Swim / Lane Swim (2) 1:00 - 2:00	Member Open Swim 1:00 - 2:00
1:30 PM			*NEW* launching November 30 Gravity 1:30 - 2:00 (Room B)		
2:00 PM				Aquatic Leadership Course 2:00 - 6:00	
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM	Badminton / Volleyball 4:15 - 5:45				
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					

SWIM ADMISSION CRITERIA

Children ages 0 - 5:
Must be directly supervised by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.
Maximum ratio: 2 children: 1 adult

Children ages 6 - 9:
[Unable to pass swim test] Must be accompanied by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.
Maximum ratio: 3 children: 1 adult **Maximum ratio: 6 children: 1 adult (with lifejackets)**
[Able to pass swim test] Must be supervised by a parent/guardian (min. 16 years of age) in the pool area (visual contact). Can swim in both pools.
Maximum ratio: 3 children: 1 adult

Youth ages 10 - 15:
Must pass a swim test to access deep water. If they do not pass, they must stay in the shallow water.

What is the Facility Swim Test?
To enter deep water and/or swim independently, swimmers must:

- 25-meter non-stop front swim
- 30 second tread in deep end
- Adult swim test: discretion of the lifeguard

The swim test must be demonstrated at each visit to the YMCA.

At any time, lifeguards may ask for a demonstration of participants swimming ability if they feel there is a question of the participant's safety.

FACILITY HOURS

Monday - Friday:
5:30 am - 10:00 pm

Saturday & Sunday:
8:00 am - 6:00 pm

Holidays:
Thanksgiving
Sunday, October 11: 8:00 am - 2:00 pm
Monday, October 12: 8:00 am - 4:00 pm

Sauna & whirlpool closed during Swim Lessons

Whirlpool closed Sundays for cleaning

Members have 10 minutes after closing time to gather belongings

Group Fitness (Registration Required)
Group Fitness (Drop In)
Member Swim
Public Swim
Recreational Sports (Drop In)
Child & Youth Programs (Registration Required)
LiveWell Programs (Drop In)
LiveWell Programs (Registered) Medical Referral Required