



Schedule at a Glance - Les Chater Family YMCA

September 14 - November 29, 2026

(updated: Sept 16)

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

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

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