Schedule at a Glance - Les Chater Family YMCA

September 14 - November 29, 2026

(updated: Nov 5/26)

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					
8:30 AM				AquaFit 9:00 - 9:45	
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		GentleFit 11:15 - 12:00		Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00
10:30 AM	Pilates 11:15 - 12:15	Chair Yoga 12:15 - 1:00	CanWell 1:00 - 3:00 (Fitness Centre)	Pool Deck Closed 12:00 - 1:00	
11:00 AM					
11:30 AM					
12:00 PM	WalkFit 1:00 - 1:45		*NEW* launching November 30 Gravity 4:00 - 4:30 (Room B)	Member Lane Swim 1:00 - 3:45	
12:30 PM	Open Gym 2:00 - 4:30				
1:00 PM					
1:30 PM					
2:00 PM	Basketball Skills & Drills (3 - 5 yrs) 4:45 - 5:30			Swim Lessons 4:00 - 7:00	
2:30 PM					
3:00 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		
3:30 PM		Zumba 6:45 - 7:30			
4:00 PM		Yoga 7:45 - 8:45		Adult Swim Lessons 7:00 - 7:30	Public Open Swim 7:00 - 8:55
4:30 PM	Badminton 7:00 - 9:45		*NEW* launching November 30 Gravity 6:20 - 6:50 (Room B)	Public Open Swim 7:30 - 8:55	
5:00 PM					
5:30 PM				Public Lane Swim 9:00 - 9:45	
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
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			*NEW* launching November 30 Gravity 7:15 - 7:45 (Room B)	Public Lane Swim 6:00 - 8:45	
6:30 AM		HIIT 6:30 - 7:00			
7:00 AM				AquaFit 9:00 - 9:45	
7:30 AM		ViPR Strength 8:15 - 9:00		HydroTherapy 10:00 - 10:45	
8:00 AM					
8:30 AM		CycleFit 9:30 - 10:15			
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		Zumba Gold 11:00 - 11:45			
10:00 AM	Healthy Hearts 10:35 - 10:55	Cognitive Groove - A (Research Study) 12:15 - 1:15		Public Lane Swim 1:00 - 3:45	
10:30 AM	Pickleball 11:00 - 1:30	Cognitive Groove - B (Research Study) 1:30 - 2:30			
11:00 AM		Fit for Function 3:00 - 4:00			
11:30 AM					
12:00 PM	Open Gym 1:45 - 4:30				
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 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	
4:00 PM					
4:30 PM	Soccer Skills & Drills (6 - 9 yrs) 5:40 - 6:40	CycleFit 6:15 - 7:00			
5:00 PM					
5:30 PM					
6:00 PM	YLD (10 - 16 yrs) 6:45 - 7:15	Stretch & Mobility 7:15 - 8:15			
6:30 PM					
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 Basketball 7:20 - 9:45			Member Open Swim / Lane Swim (2) 7:55 - 8:55	
8:00 PM					
8:30 PM				Member Lane Swim 9:00 - 9:45	
9:00 PM					
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					
7:30 AM			*NEW* launching November 30 Gravity 8:00 - 8:30 (Room B)		
8:00 AM					
8:30 AM					
9:00 AM	Muscle Fit 9:15 - 10:00	Low Impact 9:15 - 10:00		AquaFit 9:00 - 9:45	
9:30 AM					
10:00 AM	CardioFit 10:15 - 11:00		Queenax 8:15 - 9:00 (Fitness Centre)	HydroTherapy 10:00 - 10:45	
10:30 AM					
11:00 AM	Pilates 11:15 - 12:15	GentleFit 11:15 - 12:00	*NEW* launching November 30 Gravity 11:30 - 12:00 (Room B)	Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00
11:30 AM				*NEW* AquaFit 12:05 - 12:50	
12:00 PM		Balance + 12:15 - 1:00 (November 11 - December 16)			
12:30 PM					
1:00 PM	Walk Fit 1:00 - 1:45			Member Lane Swim 1:00 - 3:45	
1:30 PM		Studio Closed for Cleaning 1:15 - 2:15			
2:00 PM	Open Gym 2:00 - 4:15				
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM	Basketball Skills & Drills (6 - 9 yrs) 4:30 - 5:30	CoreFit 5:30 - 6:00	Discovery Den (3 - 5 yrs) 4:30 - 5:15	Swim Lessons 4:00 - 7:00	
4:30 PM					
5:00 PM	*NEW* HER Sports Series (8 - 12 yrs) 5:45 - 6:45	Zumba 6:15 - 6:55	Discovery Den (6 - 12 yrs) 5:30 - 6:30		
5:30 PM					
6:00 PM		Yoga 7:15 - 8:15		AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 8:55
6:30 PM			*NEW* launching November 30 Gravity 6:20 - 6:50 (Room B)	Public Open Swim 7:55 - 8:55	
7:00 PM	Member Pickleball 7:00 - 9:45				
7:30 PM				Public Lane Swim 9:00 - 9:45	
8:00 PM					
8:30 PM					
9:00 PM					
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					
7:30 AM		ViPR Golf 8:15 - 9:00		AquaFit 9:00 - 9:45	
8:00 AM		CycleFit 9:30 - 10:15			
8:30 AM				HydroTherapy 10:00 - 10:45	
9:00 AM	Healthy Hearts 10:35 - 10:55	CoreFit 10:20 - 10:50			
9:30 AM		Chair Yoga 11:15 - 12:00		Member Open Swim / Lane Swim (2) 11:00 - 12:55	Member Open Swim 11:00 - 12:00
10:00 AM	Pickleball 11:00 - 1:30				
10:30 AM		Cognitive Groove - A (Research Study) 12:15 - 1:15		Public Lane Swim 1:00 - 2:30	
11:00 AM					
11:30 AM		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	Open Gym 1:45 - 4:00	Fit for Function 3:00 - 4:00			
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 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	
4:00 PM					
4:30 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		
5:00 PM					
5:30 PM					
6:00 PM					
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	Member Basketball 7:45 - 9:45				
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				
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	MuscleFit 9:15 - 10:00	BodyFit 9:15 - 10:00		AquaFit 9:00 - 9:45	
9:00 AM					
9:30 AM	CardioFit 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		Balance + 12:15 - 1:00 (November 11 - December 16)		Pool Deck Closed 12:00 - 1:00	
11:30 AM	Pickleball 12:30 - 2:30				
12:00 PM			CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45	
12:30 PM					
1:00 PM	Open Gym 2:45 - 4:15				
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM	Basketball Skills & Drills (10 - 12 yrs) 4:30 - 5:30	Yoga 5:45 - 6:45		Swim Lessons 4:00 - 7:00	
4:00 PM					
4:30 PM	Soccer Skills & Drills (10 - 12 yrs) 5:45 - 6:45		*NEW* launching November 30 Gravity 6:20 - 6:50 (Room B)		
5:00 PM					
5:30 PM				Adult Swim Lessons 7:00 - 7:30	Public Open Swim 7:00 - 9:00
6:00 PM				Public Open Swim 7:30 - 9:00	
6:30 PM	Member Basketball 7:00 - 9:45				
7:00 PM					
7:30 PM					
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	Sports Adventure (3 - 5 yrs) 9:15 - 10:00	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	Open Gym 10:15 - 12:45	Yoga 11:15 - 12:15			
10:30 AM				Pool Deck Closed 12:30 - 1:00	
11:00 AM					
11:30 AM				Member Open Swim / Lane Swim (2) 1:00 - 2:25	Member Open Swim 1:00 - 2:30
12:00 PM	Birthday Party 1:00 - 3:00		*NEW* launching November 30 Gravity 1:30 - 2:00 (Room B)		
12:30 PM				Public Open Swim 2:30 - 4:30	Public Open Swim 2:30 - 4:30
1:00 PM					
1:30 PM	Open Gym 3:15 - 5:45			Member Lane Swim 4:45 - 5:45	
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
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 - 9:00		*NEW* launching November 30 Gravity 8:30 - 9:00 (Room B)	Member Lane Swim 8:00 - 8:45	
8:30 AM					
9:00 AM	Karate Beginner (6 - 12 yrs) 9:15 - 10:00	CycleFit 9:00 - 9:45		Swim Lessons 9:00 - 12:30	
9:30 AM					
10:00 AM	Karate Beginner (6 - 12 yrs) 10:15 - 11:00	CoreFit 10:00 - 10:30			
10:30 AM					
11:00 AM	Karate Int/Adv (6 - 12 yrs) 11:15 - 12:00	Yoga 10:45 - 11:45			
11:30 AM					
12:00 PM	Karate Int/Adv (6 - 12 yrs) 12:15 - 1:00			Pool Deck Closed 12:30 - 1:00	
12:30 PM					
1:00 PM	Karate Teen (13 - 17 yrs) 1:15 - 2:00			Member Open Swim / Lane Swim (2) 1:00 - 2:00	Member Open Swim 1:00 - 2:00
1:30 PM					
2:00 PM			*NEW* launching November 30 Gravity 1:30 - 2:00 (Room B)		
2:30 PM	Open Gym 2:15 - 4:00			Aquatic Leadership Course 2:00 - 6:00	
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Badminton / Volleyball 4:15 - 5:45				
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

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