



Schedule at a Glance - Les Chater Family YMCA

August 31 - September 6, 2026

(updated: Aug 10)

MONDAY, AUGUST 31						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00 - 9:00			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	HIIT 9:15 - 10:00	BodyFit 9:15 - 10:00	Cognitive Groove - C (Research Study) 10:00 - 11:00		Public Open Swim 11:00 - 12:00	
9:00 AM		TRX 10:15 - 11:00				
9:30 AM						
10:00 AM						
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		
11:30 AM						
12:00 PM		Chair Yoga 12:15 - 1:00		Aquatic Leadership Course 12:00 - 1:00		
12:30 PM	Open Gym 12:30 - 6:45		CanWell 1:00 - 3:00 (Fitness Centre)	Aquatic Leadership 1:00 - 2:30	Member Open Swim 2:30 - 3:45	
1:00 PM				Member Lane Swim (2) 1:00 - 2:30		
1:30 PM				Member Open Swim / Lane Swim (2) 2:30 - 3:45		
2:00 PM			Aquatic Leadership Course 4:00 - 7:00			
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM		Badminton 7:00 - 9:45	Cycle Fit 5:30 - 6:30		Public Open Swim 7:00 - 8:55	Public Open Swim 7:00 - 8:55
4:30 PM			Zumba 6:45 - 7:30			
5:00 PM			Yoga 7:45 - 8:45			
5:30 PM						
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						

THURSDAY, SEPTEMBER 3					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM	Open Gym 6:00 - 10:20			Public Lane Swim 6:00 - 8:45	
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM		VIPR Golf 8:15 - 9:00			
8:30 AM			Queenax 8:45 - 9:30 (Fitness Centre)		
9:00 AM				AquaFit 9:00 - 9:45	
9:30 AM		CycleFit 9:30 - 10:15			
10:00 AM	Healthy Hearts 10:35 - 10:55			HydroTherapy 10:00 - 10:45	
10:30 AM	Pickleball 11:00 - 1:30			Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
11:00 AM		Chair Yoga 11:15 - 12:00		Aquatic Leadership Course 12:00 - 1:00	
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM	Open Gym 1:45 - 6:45	Cognitive Groove - A (Research Study) 12:15 - 1:15		Aquatic Leadership 1:00 - 2:30	
1:30 PM					
2:00 PM		Cognitive Groove - B (Research Study) 1:30 - 2:30		Public Lane Swim (2) 1:00 - 2:30	
2:30 PM					
3:00 PM				Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45
3:30 PM					
4:00 PM			Fit for Function 3:00 - 4:00		
4:30 PM					
5:00 PM					Aquatic Leadership Course 4:00 - 7:00
5:30 PM					
6:00 PM		Circuit 6:15 - 7:00			
6:30 PM					
7:00 PM	Member Basketball 7:00 - 9:45	Zumba 7:15 - 8:15		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 Lane Swim 9:00 - 9:45	
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: 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.

TUESDAY, SEPTEMBER 1						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00 - 10:20			Public Lane Swim 6:00 - 8:45		
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						
9:00 AM		AquaFit 9:00 - 9:45				
9:30 AM	Healthy Hearts 10:35 - 10:55	CycleFit 9:30 - 10:15	HydroTherapy 10:00 - 10:45			
10:00 AM			Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00		
10:30 AM						
11:00 AM	Pickleball 11:00 - 1:30	Zumba Gold 11:00 - 11:45	Queenax 10:30 - 11:15 (Fitness Centre)	Aquatic Leadership Course 12:00 - 1:00		
11:30 AM		Cognitive Groove - A (Research Study) 12:15 - 1:15		Aquatic Leadership 1:00 - 2:30		
12:00 PM						
12:30 PM	Open Gym 1:45 - 6:45	Cognitive Groove - B (Research Study) 1:30 - 2:30		Public Lane Swim (2) 1:00 - 2:30		
1:00 PM		Fit for Function 3:00 - 4:00		Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45	
1:30 PM				Aquatic Leadership Course 4:00 - 7:00		
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM		Strength & Conditioning 5:15 - 6:00				
4:00 PM		CycleFit 6:15 - 7:00				
4:30 PM						
5:00 PM		Member Basketball 7:00 - 9:45	Stretch & Mobility 7:15 - 8:15		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 Lane Swim 9:00 - 9:45			
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

FRIDAY, SEPTEMBER 4							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL		
6:00 AM	Open Gym 6:00 - 9:00			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	Strength & Conditioning 9:15 - 10:00	BodyFit 9:15 - 10:00	Cognitive Groove - C (Research Study) 10:00 - 11:00	Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00		
9:00 AM				Circuit 10:15 - 11:00			
9:30 AM	Pilates 11:15 - 12:15	GentleFit 11:15 - 12:00		Aquatic Leadership Course 12:00 - 1:00			
10:00 AM		Balance + 12:15 - 1:00 (ending July 15)		Aquatic Leadership 1:00 - 2:30			
11:00 AM	Pickleball 12:30 - 2:30		CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim (2) 1:00 - 2:30			
11:30 AM		Open Gym 2:45 - 6:45			Member Open Swim / Lane Swim (2) 2:30 - 3:45	Member Open Swim 2:30 - 3:45	
12:00 PM	Aquatic Leadership Course 4:00 - 7:00						
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Member Basketball 7:00 - 9:45			Public Open Swim 7:00 - 9:00	Public Open Swim 7:00 - 9:00		
5:30 PM							
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							

FACILITY HOURS

Monday - Friday:

6:00 am - 10:00 pm

5:30 am - 10:00 pm (starting September 8, 2026)

Saturday & Sunday:

8:00 am - 6:00 pm

Holidays:

Labour Day

Sunday, September 6, 2026: 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

WEDNESDAY, SEPTEMBER 2							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL		
6:00 AM	Open Gym 6:00 - 9:00	CycleFit 6:15 - 7:00		Member Lane Swim 6:00 - 8:45			
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM	Muscle Fit 9:15 - 10:00	Low Impact 9:15 - 10:00		AquaFit 9:00 - 9:45			
9:00 AM							
9:30 AM							
10:00 AM	CardioFit 10:15 - 11:00			HydroTherapy 10:00 - 10:45			
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							
11:30 AM		Balance + 12:15 - 1:00 (ending July 15)		Aquatic Leadership Course 12:00 - 1:00			
12:00 PM							
12:30 PM	Walk Fit 1:00 - 1:45	Studio Closed for Cleaning 1:15 - 2:15	Aquatic Leadership 1:00 - 2:30				
1:00 PM							
1:30 PM	Open Gym 2:00 - 6:45		Member Lane Swim (2) 1:00 - 2:30	Member Open Swim 2:30 - 3:45			
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM		Core 5:30 - 6:00	Child & Youth "More" Member Exclusive Drop-In Family Crafts 4:30 - 6:30	Aquatic Leadership Course 4:00 - 7:00			
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM		Zumba 6:15 - 6:55					
6:30 PM							
7:00 PM		Yoga 7:15 - 8:15					
7:30 PM		Member Pickleball 7:00 - 9:45				AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 8:55
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM			Public Lane Swim 9:00 - 9:45				
10:00 PM							



Schedule at a Glance - Les Chater Family YMCA

September 7 - 13, 2026

(updated: Aug 11)

MONDAY, SEPTEMBER 7 Labour Day 8:00 am - 4:00 pm					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM	Open Gym 8:00 - 3:30			Member Lane Swim 8:00 - 10:45	
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM				Public Open Swim / Lane Swim (2) 11:00 - 1:45	Public Open Swim 11:00 - 1:45
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM				Public Lane Swim 2:00 - 3:00	
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					

TUESDAY, SEPTEMBER 8					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
5:30 AM	Open Gym 5:30 - 10:20			Public Lane Swim 6:00 - 8:45	
6:00 AM					
6:30 AM		HIIT 6:30 - 7:00			
7:00 AM					
7:30 AM					
8:00 AM		VIPR Strength 8:15 - 9:00			
8:30 AM					
9:00 AM					
9:30 AM		CycleFit 9:30 - 10:15		AquaFit 9:00 - 9:45	
10:00 AM	Healthy Hearts 10:35 - 10:55			HydroTherapy 10:00 - 10:45	
10:30 AM					
11:00 AM	Pickleball 11:00 - 1:30		Queenax 10:30 - 11:15 (Fitness Centre)	Member Open Swim / Lane Swim (2) 11:00 - 12:55	Member Open Swim 11:00 - 12:00
11:30 AM		Zumba Gold 11:00 - 11:45			
12:00 PM					
12:30 PM		Cognitive Groove - A (Research Study) 12:15 - 1:15			
1:00 PM	Open Gym 1:45 - 6:45			Public Lane Swim 1:00 - 3:45	
1:30 PM					
2:00 PM		Cognitive Groove - B (Research Study) 1:30 - 2:30			
2:30 PM					
3:00 PM					
3:30 PM		Fit for Function 3:00 - 4:00			
4:00 PM					
4:30 PM					
5:00 PM		Strength & Conditioning 5:15 - 6:00			
5:30 PM					
6:00 PM		CycleFit 6:15 - 7:00			
6:30 PM					
7:00 PM	Member Basketball 7:20 - 9:45	Stretch & Mobility 7:15 - 8:15		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					
9:00 PM					
9:30 PM					
10:00 PM				Member Lane Swim 9:00 - 9:45	

WEDNESDAY, SEPTEMBER 9						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
5:30 AM	Open Gym 5:30 - 9:00					
6:00 AM						
6:30 AM		CycleFit 6:15 - 7:00				
7:00 AM						
7:30 AM						
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				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						
12:30 PM		Balance + 12:15 - 1:00 (ending July 15)		Pool Deck Closed 12:00 - 1:00		
1:00 PM	Walk Fit 1:00 - 1:45					
1:30 PM				Member Lane Swim 1:00 - 3:45		
2:00 PM	Open Gym 2:00 - 6:45	Studio Closed for Cleaning 1:15 - 2:15				
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM				Aquatic Staff Training (pool deck closed) 4:00 - 7:00		
5:00 PM		Core 5:30 - 6:00				
5:30 PM						
6:00 PM		Zumba 6:15 - 6:55				
6:30 PM						
7:00 PM		Yoga 7:15 - 8:15		AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 8:55	
7:30 PM	Member Pickleball 7:00 - 9:45			Public Open Swim 7:55 - 8:55		
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM					Public Lane Swim 9:00 - 9:45	
10:00 PM						

THURSDAY, SEPTEMBER 10					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
5:30 AM	Open Gym 5:30 - 10:20			Public Lan Swim 6:00 - 8:45	
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM		VIPR Golf 8:15 - 9:00	Queenax 8:45 - 9:30 (Fitness Centre)		
8:30 AM					
9:00 AM					
9:30 AM			AquaFit 9:00 - 9:45		
10:00 AM	Healthy Hearts 10:35 - 10:55	CycleFit 9:30 - 10:15		HydroTherapy 10:00 - 10:45	
10:30 AM	Pickleball 11:00 - 1:30			Member Open Swim / Lane Swim (2) 11:00 - 12:55	Member Open Swim 11:00 - 12:00
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM		Chair Yoga 11:15 - 12:00			
1:00 PM		Cognitive Groove - A (Research Study) 12:15 - 1:15		Public Lane Swim 1:00 - 2:30	
1:30 PM	Open Gym 1:45 - 4:15				
2:00 PM		Cognitive Groove - B (Research Study) 1:30 - 2:30			
2:30 PM					
3:00 PM					
3:30 PM			Fit for Function 3:00 - 4:00		Public Open Swim / Lane Swim (2) 2:30 - 3:45
4:00 PM	Child & Youth "More" Member Exclusive Drop-In Volleyball 4:30 - 6:30			Aquatic Staff Training (pool deck closed) 4:00 - 7:00	
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM	Member Basketball 6:45 - 9:45	Circuit 6:15 - 7:00			
7:00 PM		Zumba 7:15 - 8:15			
7:30 PM				AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 8:55
8:00 PM				Member Open Swim / Lane Swim (2) 7:55 - 8:55	
8:30 PM				Member Lane Swim 9:00 - 9:45	
9:00 PM					
9:30 PM					
10:00 PM					

FRIDAY, SEPTEMBER 11					
	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				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	Strength & Conditioning 9:15 - 10:00	BodyFit 9:15 - 10:00			
8:30 AM					
9:00 AM	Circuit 10:15 - 11:00		Cognitive Groove - C (Research Study) 10:00 - 11:00		
9:30 AM					
10:00 AM	Pilates 11:15 - 12:15	GentleFit 11:15 - 12:00			Public Open Swim 11:00 - 12:00
10:30 AM					
11:00 AM		Balance + 12:15 - 1:00 (ending July 15)			
11:30 AM					
12:00 PM	Pickleball 12:30 - 2:30		CanWell 1:00 - 3:00 (Fitness Centre)		
12:30 PM					
1:00 PM	Open Gym 2:45 - 6:45				
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM		Yoga 5:45 - 6:45			Aquatic Staff Training (pool deck closed) 4:00 - 7:00
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM	Member Basketball 7:00 - 9:45				
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

SATURDAY, SEPTEMBER 12					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM	HIIT			Member Lane Swim 8:00 - 8:45	
8:30 AM	8:15 - 9:00				
9:00 AM	Child & Youth Staff Training (gymnasium closed) 9:05 - 4:00	CycleFit 9:15 - 10:00		Member Open Swim / Lane Swim (2) 9:00 - 12:15	Member Open Swim 9:00 - 12:15
9:30 AM		Zumba 10:15 - 11:00			
10:00 AM		Yoga 11:15 - 12:15			
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM				Pool Deck Closed 12:30 - 1:00	
1:00 PM				Member Open Swim / Lane Swim (2) 1:00 - 2:25	Member Open Swim 1:00 - 2:30
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Open Gym 4:15 - 5:45				
5:00 PM					
5:30 PM					
6:00 PM					