



# Schedule at a Glance - Les Chater Family YMCA

March 30 - April 5, 2026

MONDAY, MARCH 30						
TIME	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				Public Open Swim / Lane Swim (2) 11:00-12:00	Public Open Swim 11:00-12:00	
9:00 AM				Pool Deck Closed 12:00-1:00		
9:30 AM	HIIT 9:15-10:00	BodyFit 9:15-10:00				
10:00 AM		TRX 10:15-11:00				
10:30 AM		GentleFit 11:15-12:00				
11:00 AM	Pilates 11:15-12:15	Chair Yoga 12:15-1:00				
11:30 AM						
12:00 PM						
12:30 PM						
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 2:00-4:15					
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Family Basketball 4:45-6:15 <small>(open to active Child &amp; Youth members and their family)</small>					
5:00 PM		Cycle Fit 5:30-6:30		Aquatics Staff Training 4:00-7:00		
5:30 PM		Zumba 6:45-7:30				
6:00 PM		Yoga 7:45-8:45				
6:30 PM						
7:00 PM				Public Open Swim 7:00-8:55	Public Open Swim 7:00-8:55	
7:30 PM						
8:00 PM	Badminton 6:45-9:45					
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

TUESDAY, MARCH 31						
TIME	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00-10:45			Public Lane Swim 6:00-8:45		
6:30 AM						
7:00 AM			HIIT 6:30-7:00			
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM		CycleFit 9:30-10:15				
10:30 AM		Healthy Hearts 10:35-10:55				
11:00 AM		Zumba Gold 11:00-11:45				
11:30 AM	Pickleball 11:00-1:30				Member Open Swim 11:00-12:00	
12:00 PM						
12:30 PM						
1:00 PM			Queenax 10:30-11:15 (Fitness Centre)			
1:30 PM						
2:00 PM						
2:30 PM	Open Gym 1:45-4:15					
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	Family Soccer 4:45-6:15 <small>(open to active Child &amp; Youth members and their family)</small>					
6:00 PM						
6:30 PM						
7:00 PM	Youth Leadership Development 6:30-7:15					
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

WEDNESDAY, APRIL 1						
TIME	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00-9:00			Member Lane Swim 6:00-8:45		
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
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						
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, APRIL 2						
TIME	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00-10:45			Public Lane Swim 6:00-8:45		
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
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						
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						

FRIDAY, APRIL 3 (Good Friday 8am - 4pm)						
TIME	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym 8:00-3:45			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						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						

SATURDAY, APRIL 4 (8am - 6pm)					
TIME	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM				Member Lane Swim 8:00-8:45	
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
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					
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.

Child & Youth Programs (Registered)

Group Fitness (Drop In)

Member Swim

Public Swim

Recreational Sports (Drop In)

LiveWell Programs (Registered)  
Medical Referral Required

LiveWell Programs (Drop In)

### FACILITY HOURS

Monday - Friday:  
6:00am - 10:00pm

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

Holidays:  
Friday, April 3 (Good Friday) 8am - 4pm  
Sunday, April 5 (Easter) 8am - 2pm  
Monday, April 6 (Easter Monday) closed

**Sauna & whirlpool closed during Swim Lessons**

**Whirlpool closed Sundays for cleaning**

**Members have 10 minutes after closing time to gather belongings**

SUNDAY, APRIL 5 (Easter 8am - 2pm)						
TIME	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym 8:00-1:45			Member Lane Swim 8:00-8:45		
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						

**Monday, April 6: CLOSED**

