



Schedule at a Glance - Les Chater Family YMCA

April 7 - June 21, 2026
(updated: May 11, 2026)

MONDAY						
	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	HIIT 9:15-10:00	BodyFit 9:15-10:00		Pool Deck Closed 12:00-1:00		
9:30 AM		TRX 10:15-11:00	Cognitive Groove - C (Research Study) 10:00-11:00			
10:00 AM		GentleFit 11:15-12:00				
10:30 AM		Chair Yoga 12:15-1:00				
11:00 AM	Pilates 11:15-12:15					
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	WalkFit 1:00-1:45		CanWell 1:00-3:00 (Fitness Centre)	Member Lane Swim 1:00-3:45		
1:30 PM						
2:00 PM	Open Gym 2:00-4:15					
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Basketball (3-5 yrs) 4:30-5:15					
5:00 PM	Basketball: Level 1 (6-9 yrs) 5:30-6:30	Cycle Fit 5:30-6:30		Swim Lessons 4:00-7:00		
5:30 PM		Zumba 6:45-7:30				
6:00 PM		Yoga 7:45-8:45		Adult Swim Lessons 6:55-7:25	Public Open Swim 7:00-8:55	
6:30 PM				Public Open Swim 7:30-8:55		
7:00 PM	Badminton 6:45-9:45			Public Lane Swim 9:00-9:45		
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	
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						
8:00 AM			*NEW* VIPR Strength 8:15-9:00			
8:30 AM						
9:00 AM		CycleFit 9:30-10:15				
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM	Pickleball 11:00-1:30	Zumba Gold 11:00-11:45		Member Open Swim / Lane Swim (2) 11:00-12:55	Member Open Swim 11:00-12:00	
12:00 PM		Cognitive Groove - A (Research Study) 12:15-1:15	Queenax 10:30-11:15 (Fitness Centre)			
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM	Open Gym 1:45-4:15	Cognitive Groove - B (Research Study) 1:30-2:30		Public Lane Swim 1:00-3:45		
2:30 PM		Fit for Function 3:00-4:00				
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Soccer (3-5 yrs) 4:30-5:15	Strength & Conditioning 5:15-6:00		Swim Lessons 4:00-7:00		
5:00 PM	Soccer: Level 1 (6-9 yrs) 5:30-6:30	CycleFit 6:15-7:00	Youth Leadership Development (10-16 yrs) 5:15-7:15			
5:30 PM		Stretch & Mobility 7:15-8:15				
6:00 PM	Youth Leadership Development 6:30-7:15					
6:30 PM				AquaFit 7:00-7:45	Member Open Swim 7:00-8:55	
7:00 PM				Member Open Swim / Lane Swim (2) 7:55-8:55		
7:30 PM						
8:00 PM	Member Basketball 7:15-9:45			Member Lane Swim 9:00-9:45		
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

WEDNESDAY						
	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						
9:00 AM	Muscle Fit 9:15-10:00	Low Impact 9:15-10:00				
9:30 AM						
10:00 AM	*NEW* CardioFit 10:15-11:00					
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						
1:00 PM	WalkFit 1:00-1:45	Balance+ 12:15-1:00				
1:30 PM						
2:00 PM		Studio Closed for Cleaning 1:15-2:15		Member Lane Swim 1:00-3:45		
2:30 PM	Open Gym 2:00-4:15					
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Basketball: Level 2 (6-9 yrs) 4:30-5:30	*New Time* Core 5:30-6:00	Discovery Den (3-5 yrs) 4:30-5:15			
5:00 PM			Discovery Den (6-9 yrs) 5:30-6:30	Swim Lessons 4:00-7:00		
5:30 PM	Soccer: Level 2 (6-9 yrs) 5:45-6:45	Zumba 6:15-6:55	Discovery Den (10-12 yrs) 6:45-7:45			
6:00 PM		Yoga 7:15-8:15				
6:30 PM				AquaFit 7:00-7:45	Public Open Swim 7:00-8:55	
7:00 PM	Member Pickleball 7:00-9:45			Public Open Swim 7:55-8:55		
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

THURSDAY						
	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			*NEW* VIPR Golf 8:15-9:00 (starting April 16, registration required)			
7:30 AM				Queenax 8:45-9:30 (Fitness Centre)		
8:00 AM					AquaFit 9:00-9:45	
8:30 AM				HydroTherapy 10:00-10:45		
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 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	
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM	Open Gym 1:45-4:15	Cognitive Groove - A (Research Study) 12:15-1:15		Public Lane Swim 1:00-2:30		
2:30 PM		Cognitive Groove - B (Research Study) 1:30-2:30		Public Open Swim / Lane Swim (2) 2:30-3:45		
3:00 PM		Fit for Function 3:00-4:00	Youth Sports Conditioning (10-13 yrs) 4:30-5:30 (Fitness Centre)			
3:30 PM						
4:00 PM						
4:30 PM	Volleyball (6-9 yrs) 4:30-5:30			Swim Lessons 4:00-7:00		
5:00 PM						
5:30 PM	Volleyball (10-12 yrs) 5:45-6:45	Circuit 6:15-7:00	Dance (3-5 yrs) 4:45-5:30			
6:00 PM			Dance (6-9 yrs) 5:45-6:30			
6:30 PM				AquaFit 7:00-7:45	Member Open Swim 7:00-8:55	
7:00 PM	Member Basketball 7:00-9:45	*NEW* Zumba 7:15-8:15		Member Open Swim / Lane Swim (2) 7:55-8:55		
7:30 PM				Member Lane Swim 9:00-9:45		
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

FRIDAY						
	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						
7:00 AM					AquaFit 7:00-7:45	
7:30 AM					Member Open Swim 8:00-8:45	
8:00 AM					AquaFit 9:00-9:45	
8:30 AM				HydroTherapy 10:00-10:45		
9:00 AM						
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SATURDAY					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM				Member Lane Swim 8:00-8:45	
8:30 AM	HIIT 8:15-9:00				
9:00 AM					
9:30 AM					
10:00 AM	Soccer: Level 1 (6-9 yrs) 9:30-10:30	CycleFit 9:15-10:00			
10:30 AM	Sports Adventure (3-5 yrs) 10:45-11:30	Zumba 10:15-11:00			
11:00 AM	Basketball: Level 1 (6-9 yrs) 11:45-12:45	Yoga 11:15-12:15			
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
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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				Member Lane Swim 8:00-8:45	
8:30 AM					
9:00 AM					
9:30 AM	Karate Beginner (6-12 yrs) 9:15-10:00	CycleFit 9:00-9:45			
10:00 AM	Karate Beginner (6-12 yrs) 10:15-11:00	Core 10:00-10:30			
10:30 AM	Karate Intra/Adv (6-12 yrs) 11:15-12:00	Yoga 10:45-11:45			
11:00 AM					
11:30 AM					
12:00 PM	Karate Intra/Adv (6-12 yrs) 12:15-1:00				
12:30 PM					
1:00 PM	Karate Teen (13-16 yrs) 1:15-2:00				
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
[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:
6:00am - 10:00pm

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

Holidays:
Sunday, May 17, 2026 (Victoria Day) 8am - 4pm
Monday, May 18, 2026 (Victoria Day) 8am - 2pm

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	