



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		
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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			
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WEDNESDAY						
	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			CycleFit 6:15-7:00			
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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		
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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					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	
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SATURDAY					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM				Member Lane Swim 8:00-8:45	
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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.	

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	

SUNDAY					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM				Member Lane Swim 8:00-8:45	
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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.

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	