



Schedule at a Glance - Les Chater Family YMCA

June 29 - August 30, 2026

updated July 20, 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	HIIT 9:15 - 10:00	BodyFit 9:15 - 10:00	Cognitive Groove - C (Research Study) 10:00 - 11:00			
9:00 AM		TRX 10:15 - 11:00				
9:30 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	
11:30 AM		Chair Yoga 12:15 - 1:00		Aquatic Leadership Course 12:00 - 1:00		
12:00 PM						
12:30 PM		Open Gym 12:30 - 4:00		CanWell 1:00 - 3:00 (Fitness Centre)	Aquatic Leadership 1:00 - 2:30	
1:00 PM			Member Lane Swim (2) 1:00 - 2:30			
1:30 PM			Member Open Swim / Lane Swim (2) 2:30 - 3:45		Member Open Swim 2:30 - 3:45	
2:00 PM	Basketball (3 - 5 yrs) 4:15 - 5:00			Swim Lessons 4:00 - 7:00		
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM	Basketball: Level 1 (6 - 9 yrs) 5:05 - 6:05	Cycle Fit 5:30 - 6:30				
4:30 PM	Basketball: Level 2 (6 - 9 yrs) 6:10 - 7:10					
5:00 PM		Zumba 6:45 - 7:30			Adult Swim Lessons 7:00 - 7:30	Public Open Swim 7:00 - 8:55
5:30 PM		Yoga 7:45 - 8:45				
6:00 PM	Badminton 7:20 - 9:45		Public Lane Swim 9:00 - 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						

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						
7:30 AM						
8:00 AM						
8:30 AM		VIPR Golf 8:15 - 9:00 (July 9 - August 13)	Queenax 8:45 - 9:30 (Fitness Centre)	AquaFit 9:00 - 9:45		
9:00 AM						
9:30 AM	CycleFit 9:30 - 10:15		HydroTherapy 10:00 - 10:45			
10:00 AM	Healthy Hearts 10:35 - 10:55		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	Chair Yoga 11:15 - 12:00	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		Cognitive Groove - B (Research Study) 1:30 - 2:30	Public Lane Swim (2) 1:00 - 2:30			
1:00 PM	Open Gym 1:45 - 4:15	Fit for Function 3:00 - 4:00	Youth Sports Conditioning (10 - 13 yrs) 4:30 - 5:30 (Fitness Centre)	Public Open Swim 2:30 - 3:45	Public Open Swim 2:30 - 3:45	
1:30 PM					Swim Lessons 4:00 - 7:00	
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Volleyball (6 - 9 yrs) 4:30 - 5:30					
4:00 PM	Volleyball (10 - 12 yrs) 5:45 - 6:45					
4:30 PM						
5:00 PM		Circuit 6:15 - 7:00				
5:30 PM		Zumba 7:15 - 8:15				
6:00 PM	Member Basketball 7:00 - 9:45			AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 8:55	
6:30 PM				Member Open Swim / Lane Swim (2) 7:55 - 8:55		
7:00 PM				Member Lane Swim 9:00 - 9:45		
7:30 PM						
8:00 PM						
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: 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.

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		ViPR Strength 8:15 - 9:00		Queenax 10:30 - 11:15 (Fitness Centre)		AquaFit 9:00 - 9:45
8:30 AM						
9:00 AM		CycleFit 9:30 - 10:15				HydroTherapy 10:00 - 10:45
9:30 AM						
10:00 AM	Healthy Hearts 10:35 - 10:55	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	Aquatic Leadership Course 12:00 - 1:00				
11:30 AM			Cognitive Groove - A (Research Study) 12:15 - 1:15			
12:00 PM						
12:30 PM	Open Gym 1:45 - 4:00	Cognitive Groove - B (Research Study) 1:30 - 2:30	Public Lane Swim (2) 1:00 - 2:30			
1:00 PM				Public Open Swim 2:30 - 3:45	Public Open Swim 2:30 - 3:45	
1:30 PM						
2:00 PM	Soccer (3 - 5 yrs) 4:15 - 5:00	Fit for Function 3:00 - 4:00	*NEW* Zumba Jr. (3 - 5 yrs) 4:45 - 5:30	Swim Lessons 4:00 - 7:00		
2:30 PM						
3:00 PM	Strength & Conditioning 5:15 - 6:00	*NEW* Zumba Kids (6 - 12 yrs) 5:45 - 6:30				
3:30 PM						
4:00 PM	Soccer: Level 1 (6 - 9 yrs) 5:05 - 6:05	CycleFit 6:15 - 7:00				
4:30 PM						
5:00 PM	Soccer: Level 2 (6 - 9 yrs) 6:10 - 7:10	Stretch & Mobility 7:15 - 8:15				
5:30 PM						
6:00 PM	Member Basketball 7:20 - 9:45		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 8:55		
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM			Member Open Swim / Lane Swim (2) 7:55 - 8:55			
9:30 PM						
10:00 PM			Member Lane Swim 9:00 - 9:45			