



Schedule at a Glance - Les Chater Family YMCA

June 29 - August 30, 2026

updated July 9, 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	Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00				
9:00 AM		TRX 10:15 - 11:00		Aquatic Leadership Course 12:00 - 1:00					
9:30 AM		GentleFit 11:15 - 12:00							
10:00 AM	Chair Yoga 12:15 - 1:00								
10:30 AM									
11:00 AM	Pilates 11:15 - 12:15		CanWell 1:00 - 3:00 (Fitness Centre)	Aquatic Leadership 1:00 - 2:30	Member Open Swim 2:30 - 3:45				
11:30 AM				Member Lane Swim (2) 1:00 - 2:30					
12:00 PM				Member Open Swim / Lane Swim (2) 2:30 - 3:45					
12:30 PM	Swim Lessons 4:00 - 7:00								
1:00 PM									
1:30 PM				Open Gym 12:30 - 4:00					
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM	Basketball (3 - 5 yrs) 4:15 - 5:00	Cycle Fit 5:30 - 6:30		Adult Swim Lessons 7:00 - 7:30	Public Open Swim 7:00 - 8:55				
4:30 PM	Basketball: Level 1 (6 - 9 yrs) 5:05 - 6:05								
5:00 PM	Basketball: Level 2 (6 - 9 yrs) 6:10 - 7:10								
5:30 PM	Zumba 6:45 - 7:30								
6:00 PM	Yoga 7:45 - 8:45								
6:30 PM	Badminton 7:20 - 9:45			Public Open Swim 7:30 - 8:55					
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM				Public Lane Swim 9:00 - 9:45					
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		VIPR Golf 8:15 - 9:00 (July 9 - August 13)	Queenax 8:45 - 9:30 (Fitness Centre)	AquaFit 9:00 - 9:45	
8:00 AM					
8:30 AM					
9:00 AM		CycleFit 9:30 - 10:15		HydroTherapy 10:00 - 10:45	
9:30 AM					
10:00 AM	HealthyHearts 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					
12:00 PM		Cognitive Groove - A (Research Study) 12:15 - 1:15	Aquatic Leadership 1:00 - 2:30		
12:30 PM					
1:00 PM	Open Gym 1:45 - 4:15	Cognitive Groove - B (Research Study) 1:30 - 2:30	Public Lane Swim (2) 1:00 - 2:30		
1:30 PM					
2:00 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	
2:30 PM					
3:00 PM					
3:30 PM		Volleyball (6 - 9 yrs) 4:30 - 5:30		Youth Sports Conditioning (10 - 13 yrs) 4:30 - 5:30 (Fitness Centre)	Swim Lessons 4:00 - 7:00
4:00 PM					
4:30 PM	Volleyball (10 - 12 yrs) 5:45 - 6:45	Circuit 6:15 - 7:00			
5:00 PM					
5:30 PM	Member Basketball 7:00 - 9:45	Zumba 7:15 - 8:15		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 8:55
6:00 PM					
6:30 PM			Member Open Swim / Lane Swim (2) 7:55 - 8:55		
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM	Member Lane Swim 9:00 - 9:45				
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			
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	Member Open Swim 11:00 - 12:00
10:00 AM					
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 - 12:00	
11:30 AM		Zumba Gold 11:00 - 11:45		Aquatic Leadership Course 12:00 - 1:00	
12:00 PM		Cognitive Groove - A (Research Study) 12:15 - 1:15			
12:30 PM					
1:00 PM	Open Gym 1:45 - 4:00	Cognitive Groove - B (Research Study) 1:30 - 2:30		Aquatic Leadership 1:00 - 2:30	
1:30 PM					
2:00 PM				Public Lane Swim (2) 1:00 - 2:30	
2:30 PM				Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45
3:00 PM			Fit for Function 3:00 - 4:00		
3:30 PM	Soccer (3 - 5 yrs) 4:15 - 5:00		*NEW* Zumba Jr. (3 - 5 yrs) 4:45 - 5:30	Swim Lessons 4:00 - 7:00	
4:00 PM					
4:30 PM					
5:00 PM	Soccer: Level 1 (6 - 9 yrs) 5:05 - 6:05	Strength & Conditioning 5:15 - 6:00			
5:30 PM	Soccer: Level 2 (6 - 9 yrs) 6:10 - 7:10	CycleFit 6:15 - 7:00	*NEW* Zumba Kids (6 - 12 yrs) 5:45 - 6:30		
6:00 PM					
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				Member Lane Swim 9:00 - 9:45	
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				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				Aquatic Leadership Course 12:00 - 1:00			
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM	Pilates 11:15 - 12:15	GentleFit 11:15 - 12:00	CanWell 1:00 - 3:00 (Fitness Centre)	Member Open Swim / Lane Swim (2) 2:30 - 3:45	Member Open Swim 2:30 - 3:45		
11:30 AM		Balance + 12:15 - 1:00 (ending July 15)		Swim Lessons 4:00 - 7:00			
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM	Pickleball 12:30 - 2:30						
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Open Gym 2:45 - 4:15			Swim Lessons 4:00 - 7:00			
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM	Basketball (10 - 12 yrs) 4:30 - 5:30			Swim Lessons 4:00 - 7:00			
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM	Soccer (10 - 12 yrs) 5:45 - 6:45	Yoga 5:45 - 6:45		Swim Lessons 4:00 - 7:00			
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							
11:30 PM	Member Basketball 7:00 - 9:45			Adult Swim Lessons 7:00 - 7:30	Public Open Swim 7:00 - 9:00		
12:00 PM				Public Open Swim 7:30 - 9:00			
12:30 PM							
1:00 PM							
1:30 PM							

FACILITY HOURS

Monday - Friday:

6:00am - 10:00pm

Saturday & Sunday:

8:00am - 6:00pm

Holidays:

Canada Day - July 1, 2026: 8:00am-2:00pm

Civic Holiday - August 2, 2026: 8:00am - 4:00pm, August 3, 2026: 8:00am - 2:00pm

Labour Day - September 6, 2026: 8:00am - 4:00pm, September 7, 2026: 8:00am - 4:00pm

Sauna & whirlpool closed during Swim Lessons

Whirlpool closed Sundays for cleaning

Members have 10 minutes after closing time to gather belongings

Annual Pool Shutdown June 22 - July 1, 2026

Pools, hot tub and sauna will not be available during this time for annual maintenance and repairs

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	Muscle Fit 9:15 - 10:00	Low Impact 9:15 - 10:00		AquaFit 9:00 - 9:45		
9:00 AM						
9:30 AM				HydroTherapy 10:00 - 10:45		
10:00 AM				Public Open Swim / Lane Swim (2) 11:00 - 12:00		Public Open Swim 11:00 - 12:00
10:30 AM						
11:00 AM	Pilates 11:15 - 12:15	GentleFit 11:15 - 12:00	Aquatic Leadership Course 12:00 - 1:00			
11:30 AM		Balance + 12:15 - 1:00 (ending July 15)				
12:00 PM						
12:30 PM						
1:00 PM				Walk Fit 1:00 - 1:45	Studio Closed for Cleaning 1:15 - 2:15	
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Open Gym 2:00 - 6:45		Member Open Swim / Lane Swim (2) 2:30 - 3:45	Member Open Swim 2:30 - 3:45		
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
5:30 PM		Core 5:30 - 6:00	Discovery Den (3 - 5 yrs) 4:30 - 5:15	Swim Lessons 4:00 - 7:00		
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM	Member Pickleball 7:00 - 9:45	Yoga 7:15 - 8:15		AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 8:55	
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						
10:00 PM				Public Lane Swim 9:00 - 9:45		