



Schedule at a Glance - Les Chater Family YMCA

June 29 - August 30, 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						
9:00 AM	HIIT 9:15 - 10:00	BodyFit 9:15 - 10:00				
9:30 AM						
10:00 AM		TRX 10:15 - 11:00	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	
10:30 AM		GentleFit 11:15 - 12:00				
11:00 AM	Pilates 11:15 - 12:15	Chair Yoga 12:15 - 1:00		Aquatic Leadership Course 12:00 - 1:00		
11:30 AM						
12:00 PM						
12:30 PM	Open Gym 12:30 - 4:00			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						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM	Basketball (3 - 5 yrs) 4:15 - 5:00					
4:30 PM						
5:00 PM	Basketball: Level 1 (6 - 9 yrs) 5:05 - 6:05					
5:30 PM		Cycle Fit 5:30 - 6:30				
6:00 PM	Basketball: Level 2 (6 - 9 yrs) 6:10 - 7:10					
6:30 PM		Zumba 6:45 - 7:30				
7:00 PM				Adult Swim Lessons 7:00 - 7:30		
7:30 PM		Yoga 7:45 - 8:45			Public Open Swim 7:00 - 8:55	
8:00 PM	Badminton 7:20 - 9:45					
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 (registration required)				
9:00 AM		CycleFit 9:30 - 10:15	Queenax 8:45 - 9:30 (Fitness Centre)	AquaFit 9:00 - 9:45		
9:30 AM				HydroTherapy 10:00 - 10:45		
10:00 AM						
10:30 AM						
11:00 AM				Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00	
11:30 AM	Pickleball 11:00 - 1:30	Chair Yoga 11:15 - 12:00		Aquatic Leadership Course 12:00 - 1:00		
12:00 PM						
12:30 PM				Aquatic Leadership 1:00 - 2:30		
1:00 PM				Public Lane Swim (2) 1:00 - 2:30		
1:30 PM						
2:00 PM	Open Gym 1:45 - 4:15	Cognitive Groove - A (Research Study) 12:15 - 1:15		Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45	
2:30 PM						
3:00 PM			Cognitive Groove - B (Research Study) 1:30 - 2:30			
3:30 PM			Fit for Function 3:00 - 4:00	Youth Sports Conditioning (10 - 13 yrs) 4:30 - 5:30 (Fitness Centre)		
4:00 PM						
4:30 PM	Volleyball (6 - 9 yrs) 4:30 - 5:30					
5:00 PM						
5:30 PM	Volleyball (10 - 12 yrs) 5:45 - 6:45					
6:00 PM		Circuit 6:15 - 7:00				
6:30 PM		Zumba 7:15 - 8:15				
7:00 PM	Member Basketball 7:00 - 9:45			AquaFit 7:00 - 7:45		
7:30 PM					Member Open Swim / Lane Swim (2) 7:55 - 8:55	Member Open Swim 7:00 - 8:55
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
[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						
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	Pickleball 11:00 - 1:30	Zumba Gold 11:00 - 11:45		Aquatic Leadership Course 12:00 - 1:00		
12:30 PM						
1:00 PM			Queenax 10:30 - 11:15 (Fitness Centre)			
1:30 PM	Open Gym 1:45 - 4:00	Cognitive Groove - A (Research Study) 12:15 - 1:15		Aquatic Leadership 1:00 - 2:30		
2:00 PM				Public Lane Swim (2) 1:00 - 2:30		
2:30 PM			Cognitive Groove - B (Research Study) 1:30 - 2:30		Member Open Swim / Lane Swim (2) 2:30 - 3:45	Member Open Swim 2:30 - 3:45
3:00 PM			Fit for Function 3:00 - 4:00			
3:30 PM						
4:00 PM	Soccer (3 - 5 yrs) 4:15 - 5:00					
4:30 PM						
5:00 PM	Soccer: Level 1 (6 - 9 yrs) 5:05 - 6:05					
5:30 PM		Strength & Conditioning 5:15 - 6:00				
6:00 PM	Soccer: Level 2 (6 - 9 yrs) 6:10 - 7:10					
6:30 PM		CycleFit 6:15 - 7:00				
7:00 PM	Member Basketball 7:20 - 9:45	Stretch & Mobility 7:15 - 8:15				
7:30 PM						
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							
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	Open Gym 2:45 - 4:15	GentleFit 11:15 - 12:00		HydroTherapy 10:00 - 10:45			
1:30 PM					Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00	
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Basketball (10 - 12 yrs) 4:30 - 5:30						
5:00 PM							
5:30 PM	Soccer (10 - 12 yrs) 5:45 - 6:45						
6:00 PM							
6:30 PM							
7:00 PM	Member Basketball 7:00 - 9:45	Yoga 5:45 - 6:45					
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 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			Member Lane Swim 6:00 - 8:45			
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
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10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Open Gym 2:00 - 4:30	Studio Closed for Cleaning 1:15 - 2:15					
1:30 PM							
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SATURDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	HIIT 8:15 - 9:00			Member Lane Swim 8:00 - 8:45		
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
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6:00 PM						

SUNDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym 8:00 - 9:00			Member Lane Swim 8:00 - 8:45		
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
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5:30 PM						
6:00 PM						

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	