



Schedule at a Glance - Les Chater Family YMCA

May 5, 2025 to June 29, 2025

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			
9:30 AM					
10:00 AM		TRX 10:15 - 11:00			
10:30 AM		Pilates 11:15 - 12:00			
11:00 AM		GentleFit 12:15 - 1:00			
11:30 AM		Chair Yoga 1:15 - 2:00			
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM	Open Gym 10:30 - 4:15		CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45	
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM		Optimal Fitness 3:15 - 4:15			
4:00 PM					
4:30 PM	Basketball: Level 1 (3 - 5 yrs) 4:45 - 5:30		YMCA S.T.E.A.M (6 - 12 yrs) 4:45 - 5:45	Swim Lessons 4:00 - 7:00	
5:00 PM	Basketball: Level 1 (6 - 12 yrs) 5:45 - 6:45	Cycle & Strength 5:30 - 6:30	YMCA S.T.E.A.M (3 - 5 yrs) 6:00 - 6:45		
5:30 PM		Zumba 6:45 - 7:30			
6:00 PM		Yoga 7:45 - 8:45		Adult Swim Lessons 6:55 - 7:25	
6:30 PM				Public Open Swim 7:30 - 9:00	Public Open Swim 7:00 - 9:00
7:00 PM					
7:30 PM	Badminton 7:00 - 9:45				
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 - 10:45			Public Lane Swim 6:00 - 8:45	
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM			Queenax 8:45 - 9:30 (Fitness Centre)	AquaFit 9:00 - 9:45	
9:00 AM				HydroTherapy 10:00 - 10:45	
9:30 AM		CycleFit 9:30 - 10:15		Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
10:00 AM		Healthy Hearts 10:35 - 10:55			
10:30 AM		Chair Yoga 11:15 - 12:00			
11:00 AM		Optimal Fitness 12:15 - 1:15			
11:30 AM	Pickleball 11:00 - 1:30			Public Lane Swim 1:00 - 2:30	
12:00 PM				Public Open Swim / Lane Swim (2) 2:30 - 3:45	
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM	Open Gym 1:45 - 4:15				
2:30 PM					
3:00 PM					
3:30 PM		Strength & Conditioning Jr. (10 - 13 yrs) 4:30 - 5:30	Back to Living Well (Education Session) 4:15 - 4:45	Swim Lessons 4:00 - 7:00	
4:00 PM		Back to Living Well 4:45 - 5:30			
4:30 PM	Volleyball: Level 1 (6 - 12 yrs) 4:45 - 5:45		Dance (3 - 5 yrs) 4:45 - 5:30		
5:00 PM					
5:30 PM	Volleyball: Level 2 & 3 (8 - 12 yrs) 6:00 - 7:00	CycleFit 5:45 - 6:30			
6:00 PM		Core Express 6:40 - 7:10	Dance (6 - 12 yrs) 5:45 - 6:30	AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
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	Member Basketball 7:15 - 9:45				
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: 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 - 10:45			Public Lane Swim 6:00 - 8:45	
6:30 AM		HIIT 6:30 - 7:00			
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM				AquaFit 9:00 - 9:45	
9:00 AM				HydroTherapy 10:00 - 10:45	
9:30 AM				Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
10:00 AM		CycleFit 9:30 - 10:15			
10:30 AM		Healthy Hearts 10:35 - 10:55			
11:00 AM		Zumba Gold 11:00 - 11:45			
11:30 AM	Pickleball 11:00 - 1:30	Optimal Fitness 12:15 - 1:15	Queenax 10:30 - 11:15 (Fitness Centre)		
12:00 PM		Balance + 1:30 - 2:15			
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM	Open Gym 1:45 - 4:15			Public Lane Swim 1:00 - 3:45	
2:30 PM					
3:00 PM		Fit for Function 3:00 - 4:00			
3:30 PM		Back to Living Well 4:00 - 5:00			
4:00 PM		Strength & Conditioning 5:15 - 6:00			
4:30 PM	Sports Adventure (3 - 5 yrs) 4:45 - 5:30				
5:00 PM					
5:30 PM	Soccer: Level 1 (6 - 12 yrs) 5:45 - 6:45	CycleFit 6:15 - 7:00			
6:00 PM		ViPR Pro 7:15 - 8:00			
6:30 PM					
7:00 PM					
7:30 PM	Member Basketball 7:00 - 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				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					
8:30 AM		Yoga 8:00 - 9:00			
9:00 AM		BodyFit 9:15 - 10:00			
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM	Open Gym 2:15 - 4:15				
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Basketball: Level 3 (8 - 12 yrs) 4:30 - 5:30				
5:00 PM		Yoga 5:45 - 6:45			
5:30 PM	Soccer: Level 3 (8 - 12 yrs) 5:45 - 6:45		Youth Leadership Development (10 - 16 yrs) 5:30 - 7:30		
6:00 PM					
6:30 PM	Youth Leadership Development (10 - 16 yrs) 6:45 - 7:30				
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM	Member Basketball 7:45 - 9:45				
9:00 PM					
9:30 PM					
10:00 PM					

FACILITY HOURS

Mon - Fri:
6:00am - 10:00pm

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

Holidays:
8:00am - 2:00pm
(times may vary, check in branch)

Sauna & whirlpool closed during Swim Lessons

Whirlpool closed Sundays for cleaning

Members have 10 minutes after closing time to gather belongings

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		AquaFit 9:00 - 9:45	
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		Bands, Bosu & Balls 10:15 - 11:00			
11:00 AM		Pilates 11:15 - 12:00			
11:30 AM	Balance + 11:15 - 12:15				
12:00 PM					
12:30 PM		ViPR Pro 12:30 - 1:15			
1:00 PM					
1:30 PM	Walk Fit 1:00 - 1:45				
2:00 PM					
2:30 PM	Open Gym 2:00 - 4:15				
3:00 PM		Optimal Fitness 3:15 - 4:15			
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM	Basketball: Level 2 (6 - 12 yrs) 4:45 - 5:45		Art-Ventures (3 - 5 yrs) 5:00 - 5:45		
5:30 PM					
6:00 PM	Soccer: Level 2 (6 - 12 yrs) 6:00 - 7:00	Zumba 6:15 - 6:55	Art-Ventures (6 - 12 yrs) 6:00 - 7:00		
6:30 PM					
7:00 PM		Yoga 7:15 - 8:15		AquaFit 7:00 - 7:45	
7:30 PM					
8:00 PM					
8:30 PM	Pickleball 7:15 - 9:45			Public Open Swim / Lane Swim (2) 8:00 - 9:00	Public Open Swim 7:00 - 9:00
9:00 PM					
9:30 PM					
10:00 PM					

SATURDAY					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM					
8:30 AM	HIIT 8:15 - 9:00			Member Lane Swim 8:00 - 8:45	
9:00 AM					
9:30 AM	Open Gym 9:15 - 10:15	CycleFit 9:15 - 10:00			
10:00 AM					
10:30 AM	Sports Adventure (3 - 5 yrs) 10:30 - 11:15	Yoga 10:45 - 11:45			
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM		Zumba 12:00 - 12:45			
1:00 PM					
1:30 PM					
2:00 PM	Birthday Party 1:30 - 3:00		Birthday Party 1:00 - 4:00	Member Open Swim / Lane Swim (2) 1:00 - 2:30	Member Lane Swim 1:00 - 2:30
2:30 PM					
3:00 PM					
3:30 PM	Open Gym 3:15 - 5:45			Public Open Swim / Lane Swim (2) 2:30 - 5:00	Public Open Swim 2:30 - 5:00
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					
8:30 AM	Open Gym 8:00 - 9:00			Member Lane Swim 8:00 - 8:45	
9:00 AM	Karate Beginner (6 - 12 yrs) 9:15 - 10:00	CycleFit 9:00 - 9:45			
9:30 AM					
10:00 AM	Karate Beginner (6 - 12 yrs) 10:15 - 11:00	TRX 10:00 - 10:30			
10:30 AM					
11:00 AM	Karate Intr/Adv (6 - 12 yrs) 11:15 - 12:00	Yoga 10:45 - 11:45			
11:30 AM					
12:00 PM	Karate Intr/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	Open Gym 2:15 - 4:00				
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Badminton 4:15 - 5:45				
5:00 PM					
5:30 PM					
6:00 PM					

- Registered Programs
- Drop In Group Fitness
- Open Gym, Member Open / Lane Swim
- Public Open / Lane Swim
- Drop In Recreational Sports