



# Schedule at a Glance - Les Chater Family YMCA

September 8 - December 21, 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	Community Group Rental 10:15 - 10:45	TRX 10:15 - 11:00			
10:00 AM	Open Gym 10:45 - 4:15	Pilates 11:15 - 12:00			
10:30 AM		GentleFit 12:15 - 1:00			
11:00 AM		Chair Yoga 1:15 - 2:00	CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45	
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Basketball: Level 1 (3 - 5 yrs) 4:30 - 5:15		S.T.E.A.M (6 - 12 yrs) 4:30 - 5:30	Swim Lessons 4:00 - 7:00	
5:00 PM	Basketball: Level 1 (6 - 9 yrs) 5:30 - 6:30	Cycle & Strength 5:30 - 6:30	S.T.E.A.M (3 - 5 yrs) 5:45 - 6:30		
5:30 PM		Zumba 6:45 - 7:30		Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 9:00
6:00 PM		Yoga 7:45 - 8:45		Public Open Swim 7:30 - 8:55	
6:30 PM				Public Lane Swim 9:00 - 9:45	
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 - 10:45			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		CycleFit 9:30 - 10:15		HydroTherapy 10:00 - 10:45	
9:30 AM		Healthy Hearts 10:35 - 10:55		Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
10:00 AM		Chair Yoga 11:15 - 12:00			
10:30 AM		Cognitive Groove (Research Study) 12:15 - 1:15		Public Lane Swim 1:00 - 2:30	
11:00 AM		Balance + 1:30 - 2:15	Back to Living Well (Education Session) 4:15 - 4:45	Public Open Swim / Lane Swim (2) 2:30 - 3:45	
11:30 AM	Pickleball 11:00 - 1:30	Fit for Function 3:00 - 4:00	Strength & Conditioning Jr. (10 - 13 yrs) 4:30 - 5:30 (Fitness Centre)		
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Volleyball: Level 1 (6 - 12 yrs) 4:30 - 5:30	Back to Living Well 4:45 - 5:30		Swim Lessons 4:00 - 7:00	
5:00 PM	Volleyball: Level 1/3 (8 - 12 yrs) 5:45 - 6:45	CycleFit 5:45 - 6:30	Dance (3 - 5 yrs) 4:30 - 5:15		
5:30 PM			Dance (6 - 12 yrs) 5:30 - 6:15	AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
6:00 PM				Member Open Swim / Lane Swim (2) 7:55 - 8:55	
6:30 PM				Member Lane Swim 9:00 - 9:45	
7:00 PM					
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: 6 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 - 10:45			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		Queenax 10:30 - 11:15 (Fitness Centre)		
12:00 PM		Cognitive Groove (Research Study) 12:15 - 1:15			
12:30 PM		Balance + 1:30 - 2:15		Public Lane Swim 1:00 - 3:45	
1:00 PM		Fit for Function 3:00 - 4:00			
1:30 PM		Back to Living Well 4:00 - 5:00			
2:00 PM		Strength & Conditioning 5:15 - 6:00		Swim Lessons 4:00 - 7:00	
2:30 PM		CycleFit 6:15 - 7:00	Youth Leadership Development (10 - 16 yrs) 5:15 - 7:15		
3:00 PM		*NEW* Stretch & Mobility 7:15 - 8:00		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
3:30 PM				Member Open Swim / Lane Swim (2) 7:55 - 8:55	
4:00 PM				Member Lane Swim 9:00 - 9:45	
4:30 PM					
5:00 PM	Soccer: Level 1 (3 - 5 yrs) 4:30 - 5:15				
5:30 PM	Soccer: Level 1 (6 - 9 yrs) 5:30 - 6:30				
6:00 PM	Youth Leadership Development 6:30 - 7:15				
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM	Member Basketball 7:15 - 9:45				
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				HydroTherapy 10:00 - 10:45	
8:30 AM		Yoga 8:00 - 9:00		Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00
9:00 AM		BodyFit 9:15 - 10:00			
9:30 AM	Strength & Conditioning 9:15 - 10:00				
10:00 AM	Zumba 10:15 - 11:00	*NEW* Circuit 10:15 - 11:00			
10:30 AM		Pilates 11:15 - 12:00			
11:00 AM	Balance + 11:15 - 12:15				
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM	Pickleball 12:30 - 2:15	GentleFit 1:00 - 1:45	CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45	
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Basketball: Level 3 (8 - 12 yrs) 4:30 - 5:30	Yoga 5:45 - 6:45		Swim Lessons 4:00 - 7:00	
5:00 PM	Soccer: Level 3 (8 - 12 yrs) 5:45 - 6:45				
5:30 PM				Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 9:00
6:00 PM				Public Open Swim 7:30 - 9:00	
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
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 - 4:00pm  
(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		Bands, Bosu & Balls 10:15 - 11:00		Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00
10:30 AM		Pilates 11:15 - 12:00			
11:00 AM	Balance + 11:15 - 12:15				
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM	WalkFit 1:00 - 1:45			Member Lane Swim 1:00 - 3:45	
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM	Basketball: Level 2 (8 - 12 yrs) 4:45 - 5:45	*NEW* Core 5:00 - 5:30	Art-Ventures (3 - 5 yrs) 5:00 - 5:45	Swim Lessons 4:00 - 7:00	
5:30 PM					
6:00 PM	Soccer: Level 2 (8 - 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	Public Open Swim 7:00 - 9:00
7:30 PM					
8:00 PM				Public Open Swim 7:55 - 8:55	
8:30 PM					
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	Basketball: Level 1 (6 - 12 yrs) 9:30 - 10:30	CycleFit 9:15 - 10:00		Swim Lessons 9:00 - 12:30	
10:00 AM					
10:30 AM	Sports Adventure (3 - 5 yrs) 10:45 - 11:30	Zumba 10:15 - 11:00			
11:00 AM	Soccer: Level 1 (6 - 12 yrs) 11:45 - 12:45	Yoga 11:15 - 12:15			
11:30 AM					
12:00 PM					
12:30 PM					
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 - 2:25	Member Open Swim 1:00 - 2:30
2:30 PM					
3:00 PM				Public Open Swim 2:30 - 4:30	Public Open Swim 2:30 - 4:30
3:30 PM					
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	Open Gym 8:00 - 9:00			Member Lane Swim 8:00 - 8:45	
8:30 AM					
9:00 AM	Karate Beginner (6 - 12 yrs) 9:15 - 10:00	CycleFit 9:00 - 9:45		Swim Lessons 9:00 - 12:30	
9:30 AM					
10:00 AM	Karate Beginner (6 - 12 yrs) 10:15 - 11:00	TRX 10:00 - 10:30			
10:30 AM	Karate Intr/Adv (6 - 12 yrs) 11:15 - 12:00	Yoga 10:45 - 11:45			
11:00 AM					
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		Member Open Swim / Lane Swim (2) 1:00 - 2:00	Member Lane Swim 1:00 - 2:00	
1:30 PM			Aquatic Leadership Course 2:00 - 6:00		
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					