



Schedule at a Glance - Les Chater Family YMCA

September 8 - December 21, 2025 (updated Oct. 1, 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 | CycleFit 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 | | | Queenax 8:45 - 9:30 (Fitness Centre) | AquaFit 9:00 - 9:45 | |
| 8:30 AM | | CycleFit 9:30 - 10:15 | | HydroTherapy 10:00 - 10:45 | |
| 9:00 AM | | Healthy Hearts 10:35 - 10:55 | | Member Open Swim / Lane Swim (2) 11:00 - 12:00 | Member Open Swim 11:00 - 12:00 |
| 9:30 AM | | Chair Yoga 11:15 - 12:00 | | | |
| 10:00 AM | | Cognitive Groove (Research Study) 12:15 - 1:15 | | Public Lane Swim 1:00 - 2:30 | |
| 10:30 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 | |
| 11:00 AM | | Fit for Function 3:00 - 4:00 | Strength & Conditioning Jr. (10 - 13 yrs) 4:30 - 5:30 (Fitness Centre) | Swim Lessons 4:00 - 7:00 | |
| 11:30 AM | Pickleball 11:00 - 1:30 | | Dance (3 - 5 yrs) 4:30 - 5:15 | | |
| 12:00 PM | | | Dance (6 - 12 yrs) 5:30 - 6:15 | | |
| 12:30 PM | | | | AquaFit 7:00 - 7:45 | Member Open Swim 7:00 - 9:00 |
| 1:00 PM | | | | Member Open Swim / Lane Swim (2) 7:55 - 8:55 | |
| 1:30 PM | | | | Member Lane Swim 9:00 - 9:45 | |
| 2:00 PM | Open Gym 1:45 - 4:15 | | | | |
| 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 | | | |
| 5:00 PM | | | | | |
| 5:30 PM | Volleyball: Level 1/3 (8 - 12 yrs) 5:45 - 6:45 | CycleFit 5:45 - 6:30 | | | |
| 6:00 PM | | | | | |
| 6:30 PM | | | | | |
| 7:00 PM | | | | | |
| 7:30 PM | | | | | |
| 8:00 PM | Member Basketball 7:00 - 9:45 | | | | |
| 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 | | 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 | | | |
| 3:00 PM | | | Youth Leadership Development (10 - 16 yrs) 5:15 - 7:15 | | |
| 3:30 PM | | | | | |
| 4:00 PM | | | | | |
| 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 | | | | AquaFit 7:00 - 7:45 | Member Open Swim 7:00 - 9:00 |
| 7:30 PM | | | | Member Open Swim / Lane Swim (2) 7:55 - 8:55 | |
| 8:00 PM | | | | Member Lane Swim 9:00 - 9:45 | |
| 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 | | | | |
| 10:30 AM | | | | | |
| 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 | | | | |
| 1:30 PM | | GentleFit 1:00 - 1:45 | CanWell 1:00 - 3:00 (Fitness Centre) | Member Lane Swim 1:00 - 3:45 | |
| 2:00 PM | | | | | |
| 2:30 PM | | | | | |
| 3:00 PM | Open Gym 2:30 - 4:15 | | | | |
| 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 | | | | |
| 6:00 PM | | | | | |
| 6:30 PM | | | | | |
| 7:00 PM | | | | | |
| 7:30 PM | | | | | |
| 8:00 PM | Member Basketball 7:15 - 9:45 | | | | |
| 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 | | | | | |
| 11:00 AM | | Pilates 11:15 - 12:00 | | | |
| 11:30 AM | Balance + 11:15 - 12:15 | | | | |
| 12:00 PM | | | | | |
| 12:30 PM | | | | | |
| 1:00 PM | | | | | |
| 1:30 PM | WalkFit 1:00 - 1:45 | | | Member Lane Swim 1:00 - 3:45 | |
| 2:00 PM | | | | | |
| 2:30 PM | Open Gym 2:00 - 4:15 | | | | |
| 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 | | Art-Ventures (3 - 5 yrs) 5:00 - 5:45 | Swim Lessons 4:00 - 7:00 | |
| 5:30 PM | | | Art-Ventures (6 - 12 yrs) 6:00 - 7:00 | | |
| 6:00 PM | Soccer: Level 2 (8 - 12 yrs) 6:00 - 7:00 | | | | |
| 6:30 PM | | | | | |
| 7:00 PM | | | | | |
| 7:30 PM | | | | | |
| 8:00 PM | | | | | |
| 8:30 PM | | | | | |
| 9:00 PM | | | | | |
| 9:30 PM | | | | | |
| 10:00 PM | | | | | |

| 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 | | Yoga 11:15 - 12:15 | | | |
| 11:30 AM | Soccer: Level 1 (6 - 12 yrs) 11:45 - 12:45 | | | | |
| 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 | | | | | |
| 3:30 PM | | | | | |
| 4:00 PM | Open Gym 3:15 - 5:45 | | | Public Open Swim 2:30 - 4:30 | Public Open Swim 2:30 - 4:30 |
| 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 | | | | | |
| 9:30 AM | Karate Beginner (6 - 12 yrs) 9:15 - 10:00 | CycleFit 9:00 - 9:45 | | Swim Lessons 9:00 - 12:30 | |
| 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 | | | Member Open Swim / Lane Swim (2) 1:00 - 2:00 | Member Lane Swim 1:00 - 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 | | | Aquatic Leadership Course 2:00 - 6:00 | |
| 5:00 PM | | | | | |
| 5:30 PM | | | | | |
| 6:00 PM | | | | | |

- Registered Programs
- Open Gym, Member Open / Lane Swim</