



# Schedule at a Glance - Les Chater Family YMCA

January 5 - March 29, 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				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		Pool Deck Closed 12:00 - 1:00	
9:30 AM		TRX 10:15 - 11:00			
10:00 AM		GentleFit 11:15 - 12:00			
10:30 AM		Chair Yoga 12:15 - 1:00			
11:00 AM	Pilates 11:15 - 12:15				
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM	WalkFit 1:00 - 1:45		CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45	
1:30 PM					
2:00 PM	Open Gym 2:00 - 4:15				
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Basketball (3 - 5 yrs) 4:30 - 5:15		Discovery Den (6 - 9 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 Fit 5:30 - 6:30	Discovery Den (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 - 8:55
6:00 PM		Yoga 7:45 - 8:45		Public Open Swim 7:30 - 8:55	
6:30 PM					
7:00 PM	Badminton 6:45 - 9:45			Public Lane Swim 9:00 - 9:45	
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)		
8:30 AM				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			
10:00 AM		Chair Yoga 11:15 - 12:00		*NEW* Member Open Swim / Lane Swim (2) 11:00 - 12:55	*NEW* Member Open Swim 11:00 - 12:55
10:30 AM				Public Lane Swim 1:00 - 2:30	
11:00 AM	Pickleball 11:00 - 1:30	Cognitive Groove - A (Research Study) 12:15 - 1:15			
11:30 AM		Cognitive Groove - B (Research Study) 1:30 - 2:30	Back to Living Well 6:00 - 7:00 (Room B)	Public Open Swim / Lane Swim (2) 2:30 - 3:45	
12:00 PM		Fit for Function 3:00 - 4:00	Youth Sports Conditioning (10 - 13 yrs) 4:30 - 5:30 (Fitness Centre)		
12:30 PM					
1:00 PM	Open Gym 1:45 - 4:15				
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Volleyball (6 - 9 yrs) 4:30 - 5:30				
5:00 PM	Volleyball (10 - 12 yrs) 5:45 - 6:45				
5:30 PM		Circuit 6:15 - 7:00	Dance (3 - 5 yrs) 4:45 - 5:30	Swim Lessons 4:00 - 7:00	
6:00 PM			Dance (6 - 9 yrs) 5:45 - 6:30		
6:30 PM			Dance (10 - 13 yrs) 6:45 - 7:30	AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 8:55
7:00 PM	Member Basketball 7:00 - 9:45	*NEW* Mindful Movement 7:15 - 8:15		Member Open Swim / Lane Swim (2) 7:55 - 8:55	
7:30 PM				Member Lane Swim 9:00 - 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**  
[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		CycleFit 9:30 - 10:15		*NEW* Member Open Swim / Lane Swim (2) 11:00 - 12:55	*NEW* Member Open Swim 11:00 - 12:55
10:00 AM		Healthy Hearts 10:35 - 10:55			
10:30 AM		Zumba Gold 11:00 - 11:45			
11:00 AM	Pickleball 11:00 - 1:30	Cognitive Groove - A (Research Study) 12:15 - 1:15	Queenax 10:30 - 11:15 (Fitness Centre)		
11:30 AM		Cognitive Groove - B (Research Study) 1:30 - 2:30		Public Lane Swim 1:00 - 3:45	
12:00 PM		Fit for Function 3:00 - 4:00	Back to Living Well 6:00 - 7:00 (Room B)		
12:30 PM					
1:00 PM					
1:30 PM	Open Gym 1:45 - 4:15				
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Soccer (3 - 5 yrs) 4:30 - 5:15	Strength & Conditioning 5:15 - 6:00	Youth Leadership Development (10 - 16 yrs) 5:15 - 7:15	Swim Lessons 4:00 - 7:00	
5:00 PM	Soccer: Level 1 (6 - 9 yrs) 5:30 - 6:30	CycleFit 6:15 - 7:00			
5:30 PM		Stretch & Mobility 7:15 - 8:15		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 8:55
6:00 PM				Member Open Swim / Lane Swim (2) 7:55 - 8:55	
6:30 PM	Youth Leadership Development 6:30 - 7:15			Member Lane Swim 9:00 - 9:45	
7:00 PM					
7:30 PM	Member Basketball 7:15 - 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				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	Strength & Conditioning 9:15 - 10:00	BodyFit 9:15 - 10:00		Pool Deck Closed 12:00 - 1:00	
9:30 AM		Circuit 10:15 - 11:00			
10:00 AM		GentleFit 11:15 - 12:00			
10:30 AM	Pilates 11:15 - 12:15	Balance + 12:15 - 1:00			
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM	Pickleball 12:30 - 2:30		CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45	
1:00 PM					
1:30 PM					
2:00 PM	Open Gym 2:45 - 4:15				
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Basketball (10 - 12 yrs) 4:30 - 5:30	Yoga 5:45 - 6:45		Swim Lessons 4:00 - 7:00	
5:00 PM	Soccer (10 - 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	Member Basketball 7:00 - 9:45				
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:  
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		*NEW* CardioFit 10:15 - 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		Pool Deck Closed 12:00 - 1:00	
11:00 AM	Pilates 11:15 - 12:15				
11:30 AM					
12:00 PM					
12:30 PM		Balance + 12:15 - 1:00			
1:00 PM	WalkFit 1:00 - 1:45			Member Lane Swim 1:00 - 3:45	
1:30 PM					
2:00 PM	Open Gym 2:00 - 4:15				
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Basketball: Level 2 (6 - 9 yrs) 4:30 - 5:30		Discovery Den (3 - 5 yrs) 4:30 - 5:15	Swim Lessons 4:00 - 7:00	
5:00 PM	Soccer: Level 2 (6 - 9 yrs) 5:45 - 6:45	Core 5:00 - 5:30	Discovery Den (6 - 9 yrs) 5:30 - 6:30		
5:30 PM		Zumba 6:15 - 6:55	Discovery Den (10 - 12 yrs) 6:45 - 7:45		
6:00 PM		Yoga 7:15 - 8:15		AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 7:55
6:30 PM	Member Pickleball 7:00 - 9:45			Public Open Swim 7:55 - 8:55	
7:00 PM				Public Lane Swim 9:00 - 9:45	
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	HIIT 8:15 - 9:00			Member Lane Swim 8:00 - 8:45	
8:30 AM					
9:00 AM		CycleFit 9:15 - 10:00		Swim Lessons 9:00 - 12:30	
9:30 AM		Soccer: Level 1 (6 - 9 yrs) 9:30 - 10:30			
10:00 AM		Sports Adventure (3 - 5 yrs) 10:45 - 11:30			
10:30 AM		Yoga 11:15 - 12:15			
11:00 AM					
11:30 AM	Basketball: Level 1 (6 - 9) 11:45 - 12:45				
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM	Birthday Party 1:00 - 3:00			Member Open Swim / Lane Swim (2) 1:00 - 2:25	Member Open Swim 1:00 - 2:30
2:00 PM					
2:30 PM				Public Open Swim 2:30 - 4:30	Public Open Swim 2:30 - 4:30
3:00 PM					
3:30 PM					
4:00 PM	Open Gym 3:15 - 5:45				
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	Karate Beginner (6 - 12 yrs) 10:15 - 11:00	TRX 10:00 - 10:30			
10:00 AM	Karate Intr/Adv (6 - 12 yrs) 11:15 - 12:00	Yoga 10:45 - 11:45			
10:30 AM					
11:00 AM	Karate Intr/Adv (6 - 12 yrs) 12:15 - 1:00				
11:30 AM	Karate Teen (13 - 16 yrs) 1:15 - 2:00				
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM	Open Gym 2:15 - 4:00			Member Open Swim / Lane Swim (2) 1:00 - 2:00	Member Lane Swim 1:00 - 2:00
3:00 PM					
3:30 PM					