



# Schedule at a Glance - Les Chater Family YMCA

## WINTER BREAK: December 22, 2025 - January 4, 2026

| MONDAY, DECEMBER 22, 2025 (6am - 10pm) |                          |                         |                           |                                                   |                                   |
|----------------------------------------|--------------------------|-------------------------|---------------------------|---------------------------------------------------|-----------------------------------|
|                                        | GYMNASIUM                | STUDIO                  | COMMUNITY ROOM            | LAP POOL                                          | LEISURE POOL                      |
| 6:00 AM                                | Open Gym<br>6:00 - 9:00  |                         |                           | Member Lane Swim<br>6:00 - 6:45                   |                                   |
| 6:30 AM                                |                          |                         |                           | AquaFit<br>7:00 - 7:45                            |                                   |
| 7:00 AM                                |                          |                         |                           | Member Open Swim<br>8:00 - 8:45                   |                                   |
| 7:30 AM                                |                          |                         |                           | AquaFit<br>9:00 - 9:45                            |                                   |
| 8:00 AM                                |                          |                         |                           | HydroTherapy<br>10:00 - 10:45                     |                                   |
| 8:30 AM                                | Open Gym<br>10:45 - 6:30 | HIIT<br>9:15 - 10:00    | BodyFit<br>9:15 - 10:00   | Public Open Swim / Lane Swim (2)<br>11:00 - 12:00 | Public Open Swim<br>11:00 - 12:00 |
| 9:00 AM                                |                          |                         | TRX<br>10:15 - 11:00      |                                                   |                                   |
| 9:30 AM                                |                          |                         | Pilates<br>11:15 - 12:00  | Member Lane Swim<br>1:00 - 3:45                   |                                   |
| 10:00 AM                               |                          |                         | GentleFit<br>12:15 - 1:00 |                                                   |                                   |
| 10:30 AM                               |                          |                         | Chair Yoga<br>1:15 - 2:00 |                                                   |                                   |
| 11:00 AM                               |                          |                         |                           |                                                   |                                   |
| 11:30 AM                               |                          |                         |                           |                                                   |                                   |
| 12:00 PM                               |                          |                         |                           |                                                   |                                   |
| 12:30 PM                               |                          |                         |                           |                                                   |                                   |
| 1:00 PM                                |                          |                         |                           |                                                   |                                   |
| 1:30 PM                                |                          |                         |                           |                                                   |                                   |
| 2:00 PM                                |                          |                         |                           | Member Open Swim / Lane Swim (2)<br>4:00 - 6:55   | Member Open Swim<br>4:00 - 7:00   |
| 2:30 PM                                |                          |                         |                           |                                                   |                                   |
| 2:00 PM                                | Badminton<br>6:45 - 9:45 | CycleFit<br>5:30 - 6:30 |                           | Public Open Swim<br>7:00 - 8:55                   | Public Open Swim<br>7:00 - 8:55   |
| 3:00 PM                                |                          | Zumba<br>6:45 - 7:30    |                           |                                                   |                                   |
| 3:30 PM                                |                          | Yoga<br>7:45 - 8:45     |                           | Public Lane Swim<br>9:00 - 9:45                   |                                   |
| 4:00 PM                                |                          |                         |                           |                                                   |                                   |
| 4:30 PM                                |                          |                         |                           |                                                   |                                   |
| 5:00 PM                                |                          |                         |                           |                                                   |                                   |
| 5:30 PM                                |                          |                         |                           |                                                   |                                   |
| 6:00 PM                                |                          |                         |                           |                                                   |                                   |
| 6:30 PM                                |                          |                         |                           |                                                   |                                   |
| 7:00 PM                                |                          |                         |                           |                                                   |                                   |
| 7:30 PM                                |                          |                         |                           |                                                   |                                   |
| 8:00 PM                                |                          |                         |                           |                                                   |                                   |
| 8:30 PM                                |                          |                         |                           |                                                   |                                   |
| 9:00 PM                                |                          |                         |                           |                                                   |                                   |
| 9:30 PM                                |                          |                         |                           |                                                   |                                   |
| 10:00 PM                               |                          |                         |                           |                                                   |                                   |



| TUESDAY, DECEMBER 23, 2025 (6am - 10pm) |                                  |                                        |                                              |                                                   |                                 |
|-----------------------------------------|----------------------------------|----------------------------------------|----------------------------------------------|---------------------------------------------------|---------------------------------|
|                                         | GYMNASIUM                        | STUDIO                                 | COMMUNITY ROOM                               | LAP POOL                                          | LEISURE POOL                    |
| 6:00 AM                                 | Open Gym<br>6:00 - 10:45         |                                        |                                              | Public Lane Swim<br>6:00 - 8:45                   |                                 |
| 6:30 AM                                 |                                  |                                        |                                              | AquaFit<br>9:00 - 9:45                            |                                 |
| 7:00 AM                                 |                                  |                                        |                                              | HydroTherapy<br>10:00 - 10:45                     |                                 |
| 7:30 AM                                 |                                  |                                        |                                              | Member Open Swim / Lane Swim (2)<br>11:00 - 12:00 |                                 |
| 8:00 AM                                 |                                  |                                        |                                              |                                                   |                                 |
| 8:30 AM                                 | Pickleball<br>11:00 - 1:30       | CycleFit<br>9:30 - 10:15               |                                              | Member Open Swim<br>11:00 - 12:00                 |                                 |
| 9:00 AM                                 |                                  |                                        |                                              |                                                   |                                 |
| 9:30 AM                                 |                                  | Zumba Gold<br>11:00 - 11:45            | Queenax<br>10:30 - 11:15<br>(Fitness Centre) | Public Lane Swim<br>1:00 - 3:45                   |                                 |
| 10:00 AM                                |                                  |                                        |                                              |                                                   |                                 |
| 10:30 AM                                |                                  |                                        |                                              |                                                   |                                 |
| 11:00 AM                                |                                  |                                        |                                              |                                                   |                                 |
| 11:30 AM                                |                                  |                                        |                                              |                                                   |                                 |
| 12:00 PM                                |                                  |                                        |                                              |                                                   |                                 |
| 12:30 PM                                |                                  |                                        |                                              |                                                   |                                 |
| 1:00 PM                                 |                                  |                                        |                                              | Member Open Swim / Lane Swim (2)<br>4:00 - 6:50   | Member Open Swim<br>7:00 - 8:55 |
| 1:30 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 2:00 PM                                 | Member Basketball<br>6:00 - 9:45 | Strength & Conditioning<br>5:15 - 6:00 |                                              | AquaFit<br>7:00 - 7:45                            |                                 |
| 2:30 PM                                 |                                  | CycleFit<br>6:15 - 7:00                |                                              | Member Open Swim / Lane Swim (2)<br>7:55 - 8:55   |                                 |
| 3:00 PM                                 |                                  | Stretch & Mobility<br>7:15 - 8:00      |                                              | Member Lane Swim<br>9:00 - 9:45                   |                                 |
| 3:30 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 4:00 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 4:30 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 5:00 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 5:30 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 6:00 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 6:30 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 7:00 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 7:30 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 8:00 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 8:30 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 9:00 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 9:30 PM                                 |                                  |                                        |                                              |                                                   |                                 |
| 10:00 PM                                |                                  |                                        |                                              |                                                   |                                 |

| FRIDAY, DECEMBER 26, 2025 (8am - 4pm) |                            |        |                |                                                  |                                  |
|---------------------------------------|----------------------------|--------|----------------|--------------------------------------------------|----------------------------------|
|                                       | GYMNASIUM                  | STUDIO | COMMUNITY ROOM | LAP POOL                                         | LEISURE POOL                     |
| 8:00 AM                               | Open Gym<br>8:00 - 12:15   |        |                | Member Lane Swim<br>8:00 - 10:45                 |                                  |
| 8:30 AM                               |                            |        |                |                                                  |                                  |
| 9:00 AM                               |                            |        |                |                                                  |                                  |
| 9:30 AM                               |                            |        |                |                                                  |                                  |
| 10:00 AM                              |                            |        |                |                                                  |                                  |
| 10:30 AM                              | Pickleball<br>12:30 - 2:30 |        |                | Public Open Swim / Lane Swim (2)<br>11:00 - 1:45 | Public Open Swim<br>11:00 - 1:45 |
| 11:00 AM                              |                            |        |                |                                                  |                                  |
| 11:30 AM                              |                            |        |                |                                                  |                                  |
| 12:00 PM                              |                            |        |                |                                                  |                                  |
| 12:30 PM                              |                            |        |                |                                                  |                                  |
| 1:00 PM                               | Open Gym<br>2:45 - 3:45    |        |                | Member Lane Swim<br>2:00 - 3:00                  |                                  |
| 1:30 PM                               |                            |        |                |                                                  |                                  |
| 2:00 PM                               |                            |        |                |                                                  |                                  |
| 2:30 PM                               |                            |        |                |                                                  |                                  |
| 3:00 PM                               |                            |        |                |                                                  |                                  |
| 3:30 PM                               |                            |        |                |                                                  |                                  |
| 4:00 PM                               |                            |        |                |                                                  |                                  |

| WEDNESDAY, DECEMBER 24, 2025 (6am - 2pm) |                          |                            |                                      |                                                  |                                  |
|------------------------------------------|--------------------------|----------------------------|--------------------------------------|--------------------------------------------------|----------------------------------|
|                                          | GYMNASIUM                | STUDIO                     | COMMUNITY ROOM                       | LAP POOL                                         | LEISURE POOL                     |
| 6:00 AM                                  | Open Gym<br>6:00 - 9:00  |                            |                                      | Member Lane Swim<br>6:00 - 8:45                  |                                  |
| 6:30 AM                                  |                          |                            |                                      | AquaFit<br>9:00 - 9:45                           |                                  |
| 7:00 AM                                  |                          |                            |                                      | HydroTherapy<br>10:00 - 10:45                    |                                  |
| 7:30 AM                                  |                          |                            |                                      | Public Open Swim / Lane Swim (2)<br>11:00 - 1:00 |                                  |
| 8:00 AM                                  |                          |                            |                                      |                                                  |                                  |
| 8:30 AM                                  | Open Gym<br>10:30 - 1:45 | Muscle Fit<br>9:15 - 10:00 | Low Impact<br>9:15 - 10:00           | Public Open Swim / Lane Swim (2)<br>11:00 - 1:00 | Public Open Swim<br>11:00 - 1:00 |
| 9:00 AM                                  |                          |                            | Bands, Bosu & Balls<br>10:15 - 11:00 |                                                  |                                  |
| 9:30 AM                                  |                          |                            | Pilates<br>11:15 - 12:00             |                                                  |                                  |
| 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                                  |                          |                            |                                      |                                                  |                                  |

| SATURDAY, DECEMBER 27, 2025 (8am - 6pm) |                         |                          |                |                                                 |                                 |
|-----------------------------------------|-------------------------|--------------------------|----------------|-------------------------------------------------|---------------------------------|
|                                         | GYMNASIUM               | STUDIO                   | COMMUNITY ROOM | LAP POOL                                        | LEISURE POOL                    |
| 8:00 AM                                 | HIIT<br>8:15 - 9:00     |                          |                | Member Lane Swim<br>8:00 - 8:45                 |                                 |
| 8:30 AM                                 |                         |                          |                | Aquatic Leadership Course<br>9:00 - 1:00        |                                 |
| 9:00 AM                                 | Open Gym<br>9:15 - 5:45 | CycleFit<br>9:15 - 10:00 |                |                                                 |                                 |
| 9:30 AM                                 |                         | Zumba<br>10:15 - 11:00   |                |                                                 |                                 |
| 10:00 AM                                |                         | Yoga<br>11:15 - 12:15    |                |                                                 |                                 |
| 10:30 AM                                |                         |                          |                |                                                 |                                 |
| 11:00 AM                                |                         |                          |                |                                                 |                                 |
| 11:30 AM                                |                         |                          |                | Member Open Swim / Lane Swim (2)<br>1:00 - 2:25 | Member Open Swim<br>1:00 - 2:30 |
| 12:00 PM                                |                         |                          |                | Public Open Swim<br>2:30 - 4:30                 | Public Open Swim<br>2:30 - 4:30 |
| 12:30 PM                                |                         |                          |                |                                                 |                                 |
| 1:00 PM                                 |                         |                          |                | Member Lane Swim<br>4:45 - 5:45                 |                                 |
| 1:30 PM                                 |                         |                          |                |                                                 |                                 |
| 2:00 PM                                 |                         |                          |                |                                                 |                                 |
| 2:30 PM                                 |                         |                          |                |                                                 |                                 |
| 3:00 PM                                 |                         |                          |                |                                                 |                                 |
| 3:30 PM                                 |                         |                          |                |                                                 |                                 |
| 4:00 PM                                 |                         |                          |                |                                                 |                                 |
| 4:30 PM                                 |                         |                          |                |                                                 |                                 |
| 5:00 PM                                 |                         |                          |                |                                                 |                                 |
| 5:30 PM                                 |                         |                          |                |                                                 |                                 |
| 6:00 PM                                 |                         |                          |                |                                                 |                                 |

| SUNDAY, DECEMBER 28, 2025 (8am - 6pm) |                          |                         |                                                   |                                                 |                                 |
|---------------------------------------|--------------------------|-------------------------|---------------------------------------------------|-------------------------------------------------|---------------------------------|
|                                       | GYMNASIUM                | STUDIO                  | COMMUNITY ROOM                                    | LAP POOL                                        | LEISURE POOL                    |
| 8:00 AM                               | Open Gym<br>8:00 - 4:00  |                         |                                                   | Member Lane Swim<br>8:00 - 8:45                 |                                 |
| 8:30 AM                               |                          |                         |                                                   | Aquatic Leadership Course<br>9:00 - 1:00        |                                 |
| 9:00 AM                               |                          | CycleFit<br>9:00 - 9:45 |                                                   |                                                 |                                 |
| 9:30 AM                               |                          | TRX<br>10:00 - 10:30    |                                                   |                                                 |                                 |
| 10:00 AM                              |                          | Yoga<br>10:45 - 11:45   |                                                   |                                                 |                                 |
| 10:30 AM                              |                          |                         |                                                   |                                                 |                                 |
| 11:00 AM                              |                          |                         |                                                   |                                                 |                                 |
| 11:30 AM                              |                          |                         |                                                   | Member Open Swim / Lane Swim (2)<br>1:00 - 2:00 | Member Lane Swim<br>1:00 - 2:00 |
| 12:00 PM                              |                          |                         | Home Alone Course<br>(10 - 13 yrs)<br>1:00 - 5:00 | Aquatic Leadership Course<br>2:00 - 6:00        |                                 |
| 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                               | Badminton<br>4:15 - 5:45 |                         |                                                   |                                                 |                                 |
| 5:00 PM                               |                          |                         |                                                   |                                                 |                                 |
| 5:30 PM                               |                          |                         |                                                   |                                                 |                                 |
| 6:00 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.

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

- Registered Programs

Drop In Group Fitness
- Open Gym, Member Open / Lane Swim

Public Open / Lane Swim
- Drop In Recreational Sports



# Schedule at a Glance - Les Chater Family YMCA

## WINTER BREAK: December 22, 2025 - January 4, 2026

| MONDAY, DECEMBER 29, 2025 (6am - 10pm) |                          |                           |                                                     |                                                   |                                           |
|----------------------------------------|--------------------------|---------------------------|-----------------------------------------------------|---------------------------------------------------|-------------------------------------------|
|                                        | GYMNASIUM                | STUDIO                    | COMMUNITY ROOM                                      | LAP POOL                                          | LEISURE POOL                              |
| 6:00 AM                                | Open Gym<br>6:00 - 9:00  |                           |                                                     | Member Lane Swim<br>6:00 - 6:45                   |                                           |
| 6:30 AM                                |                          |                           |                                                     | AquaFit<br>7:00 - 7:45                            |                                           |
| 7:00 AM                                |                          |                           |                                                     | Member Open Swim<br>8:00 - 8:45                   |                                           |
| 7:30 AM                                |                          |                           |                                                     | AquaFit<br>9:00 - 9:45                            | Aquatic Leadership Course<br>8:30 - 11:00 |
| 8:00 AM                                |                          |                           |                                                     | HydroTherapy<br>10:00 - 10:45                     |                                           |
| 8:30 AM                                | HIIT<br>9:15 - 10:00     | BodyFit<br>9:15 - 10:00   |                                                     | Public Open Swim / Lane Swim (2)<br>11:00 - 12:00 | Public Open Swim<br>11:00 - 12:00         |
| 9:00 AM                                |                          | TRX<br>10:15 - 11:00      |                                                     | Aquatic Leadership Course<br>12:00 - 1:00         |                                           |
| 9:30 AM                                |                          | Pilates<br>11:15 - 12:00  |                                                     | Aquatic Leadership Course<br>1:00 - 4:00          |                                           |
| 10:00 AM                               |                          | GentleFit<br>12:15 - 1:00 | Babysitting Course<br>(12 - 15 yrs)<br>12:30 - 6:00 | Member Lane Swim (2)<br>1:00 - 3:45               |                                           |
| 10:30 AM                               |                          | Chair Yoga<br>1:15 - 2:00 |                                                     | Member Open Swim / Lane Swim (2)<br>4:00 - 6:55   | Member Open Swim<br>4:00 - 7:00           |
| 11:00 AM                               | Open Gym<br>10:45 - 6:30 |                           |                                                     | Public Open Swim<br>7:00 - 8:55                   | Public Open Swim<br>7:00 - 8:55           |
| 11:30 AM                               |                          |                           |                                                     | Public Lane Swim<br>9:00 - 9:45                   |                                           |
| 12:00 PM                               |                          | CycleFit<br>5:30 - 6:30   |                                                     |                                                   |                                           |
| 12:30 PM                               |                          | Zumba<br>6:45 - 7:30      |                                                     |                                                   |                                           |
| 1:00 PM                                |                          | Yoga<br>7:45 - 8:45       |                                                     |                                                   |                                           |
| 1:30 PM                                | Badminton<br>6:45 - 9:45 |                           |                                                     |                                                   |                                           |
| 2:00 PM                                |                          |                           |                                                     |                                                   |                                           |
| 2:30 PM                                |                          |                           |                                                     |                                                   |                                           |
| 3:00 PM                                |                          |                           |                                                     |                                                   |                                           |
| 3:30 PM                                |                          |                           |                                                     |                                                   |                                           |
| 4:00 PM                                |                          |                           |                                                     |                                                   |                                           |
| 4:30 PM                                |                          |                           |                                                     |                                                   |                                           |
| 5:00 PM                                |                          |                           |                                                     |                                                   |                                           |
| 5:30 PM                                |                          |                           |                                                     |                                                   |                                           |
| 6:00 PM                                |                          |                           |                                                     |                                                   |                                           |
| 6:30 PM                                |                          |                           |                                                     |                                                   |                                           |
| 7:00 PM                                |                          |                           |                                                     |                                                   |                                           |
| 7:30 PM                                |                          |                           |                                                     |                                                   |                                           |
| 8:00 PM                                |                          |                           |                                                     |                                                   |                                           |
| 8:30 PM                                |                          |                           |                                                     |                                                   |                                           |
| 9:00 PM                                |                          |                           |                                                     |                                                   |                                           |
| 9:30 PM                                |                          |                           |                                                     |                                                   |                                           |
| 10:00 PM                               |                          |                           |                                                     |                                                   |                                           |

| THURSDAY, JANUARY 1, 2026 (12pm - 4pm) |                          |        |                |                                                  |                                  |
|----------------------------------------|--------------------------|--------|----------------|--------------------------------------------------|----------------------------------|
|                                        | GYMNASIUM                | STUDIO | COMMUNITY ROOM | LAP POOL                                         | LEISURE POOL                     |
| 12:00 PM                               | Open Gym<br>12:00 - 3:45 |        |                | Public Open Swim / Lane Swim (2)<br>12:00 - 1:45 | Public Open Swim<br>12:00 - 1:45 |
| 12:30 PM                               |                          |        |                |                                                  |                                  |
| 1:00 PM                                |                          |        |                |                                                  |                                  |
| 1:30 PM                                |                          |        |                |                                                  |                                  |
| 2:00 PM                                |                          |        |                |                                                  |                                  |
| 2:30 PM                                |                          |        |                |                                                  |                                  |
| 3:00 PM                                |                          |        |                |                                                  |                                  |
| 3:30 PM                                |                          |        |                |                                                  |                                  |
| 4:00 PM                                |                          |        |                |                                                  |                                  |

| TUESDAY, DECEMBER 30, 2025 (6am - 10pm) |                            |                                        |                                              |                                                   |                                           |
|-----------------------------------------|----------------------------|----------------------------------------|----------------------------------------------|---------------------------------------------------|-------------------------------------------|
|                                         | GYMNASIUM                  | STUDIO                                 | COMMUNITY ROOM                               | LAP POOL                                          | LEISURE POOL                              |
| 6:00 AM                                 | Open Gym<br>6:00 - 10:45   |                                        |                                              | Public Lane Swim<br>6:00 - 8:45                   |                                           |
| 6:30 AM                                 |                            |                                        |                                              | AquaFit<br>9:00 - 9:45                            | Aquatic Leadership Course<br>8:30 - 11:00 |
| 7:00 AM                                 |                            |                                        |                                              | HydroTherapy<br>10:00 - 10:45                     |                                           |
| 7:30 AM                                 |                            | CycleFit<br>9:30 - 10:15               |                                              | Member Open Swim / Lane Swim (2)<br>11:00 - 12:00 | Member Open Swim<br>11:00 - 12:00         |
| 8:00 AM                                 |                            |                                        | Queenax<br>10:30 - 11:15<br>(Fitness Centre) | Aquatic Leadership Course<br>12:00 - 1:00         |                                           |
| 8:30 AM                                 |                            |                                        |                                              | Aquatic Leadership Course<br>1:00 - 4:00          |                                           |
| 9:00 AM                                 |                            |                                        |                                              | Public Lane Swim (2)<br>1:00 - 3:45               |                                           |
| 9:30 AM                                 |                            |                                        |                                              | Member Open Swim / Lane Swim (2)<br>4:00 - 6:50   | Member Open Swim<br>4:00 - 8:55           |
| 10:00 AM                                |                            |                                        |                                              | AquaFit<br>7:00 - 7:45                            |                                           |
| 10:30 AM                                |                            |                                        |                                              | Member Open Swim / Lane Swim (2)<br>7:55 - 8:55   |                                           |
| 11:00 AM                                |                            |                                        |                                              | Member Lane Swim<br>9:00 - 9:45                   |                                           |
| 11:30 AM                                |                            |                                        |                                              |                                                   |                                           |
| 12:00 PM                                | Pickleball<br>11:00 - 1:30 | Zumba Gold<br>11:00 - 11:45            |                                              |                                                   |                                           |
| 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                                 |                            |                                        |                                              |                                                   |                                           |
| 5:00 PM                                 |                            | Strength & Conditioning<br>5:15 - 6:00 |                                              |                                                   |                                           |
| 5:30 PM                                 |                            | CycleFit<br>6:15 - 7:00                |                                              |                                                   |                                           |
| 6:00 PM                                 |                            | Stretch & Mobility<br>7:15 - 8:00      |                                              |                                                   |                                           |
| 6:30 PM                                 |                            |                                        |                                              |                                                   |                                           |
| 7:00 PM                                 |                            |                                        |                                              |                                                   |                                           |
| 7:30 PM                                 |                            |                                        |                                              |                                                   |                                           |
| 8:00 PM                                 |                            |                                        |                                              |                                                   |                                           |
| 8:30 PM                                 |                            |                                        |                                              |                                                   |                                           |
| 9:00 PM                                 |                            |                                        |                                              |                                                   |                                           |
| 9:30 PM                                 |                            |                                        |                                              |                                                   |                                           |
| 10:00 PM                                |                            |                                        |                                              |                                                   |                                           |

| FRIDAY, JANUARY 2, 2026 (6am - 10pm) |                         |                          |                |                                                   |                                   |
|--------------------------------------|-------------------------|--------------------------|----------------|---------------------------------------------------|-----------------------------------|
|                                      | GYMNASIUM               | STUDIO                   | COMMUNITY ROOM | LAP POOL                                          | LEISURE POOL                      |
| 6:00 AM                              | Open Gym<br>6:00 - 9:00 |                          |                | Member Lane Swim<br>6:00 - 8:45                   |                                   |
| 6:30 AM                              |                         |                          |                | AquaFit<br>9:00 - 9:45                            |                                   |
| 7:00 AM                              |                         |                          |                | HydroTherapy<br>10:00 - 10:45                     |                                   |
| 7:30 AM                              |                         |                          |                | Public Open Swim / Lane Swim (2)<br>11:00 - 12:00 | Public Open Swim<br>11:00 - 12:00 |
| 8:00 AM                              |                         |                          |                |                                                   |                                   |
| 8:30 AM                              |                         | BodyFit<br>9:15 - 10:00  |                |                                                   |                                   |
| 9:00 AM                              |                         | Circuit<br>10:15 - 11:00 |                |                                                   |                                   |
| 9:30 AM                              |                         | Pilates<br>11:15 - 12:00 |                |                                                   |                                   |
| 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                              |                         |                          |                |                                                   |                                   |
| 3:00 PM                              |                         |                          |                |                                                   |                                   |
| 3:30 PM                              |                         |                          |                |                                                   |                                   |
| 4:00 PM                              |                         |                          |                |                                                   |                                   |
| 4:30 PM                              |                         |                          |                |                                                   |                                   |
| 5:00 PM                              |                         |                          |                |                                                   |                                   |
| 5:30 PM                              |                         |                          |                |                                                   |                                   |
| 6:00 PM                              |                         |                          |                |                                                   |                                   |
| 6:30 PM                              |                         |                          |                |                                                   |                                   |
| 7:00 PM                              |                         |                          |                |                                                   |                                   |
| 7:30 PM                              |                         |                          |                |                                                   |                                   |
| 8:00 PM                              |                         |                          |                |                                                   |                                   |
| 8:30 PM                              |                         |                          |                |                                                   |                                   |
| 9:00 PM                              |                         |                          |                |                                                   |                                   |
| 9:30 PM                              |                         |                          |                |                                                   |                                   |
| 10:00 PM                             |                         |                          |                |                                                   |                                   |

| WEDNESDAY, DECEMBER 31, 2025 (6am - 2pm) |                         |        |                |                                                   |                                           |
|------------------------------------------|-------------------------|--------|----------------|---------------------------------------------------|-------------------------------------------|
|                                          | GYMNASIUM               | STUDIO | COMMUNITY ROOM | LAP POOL                                          | LEISURE POOL                              |
| 6:00 AM                                  | Open Gym<br>6:00 - 9:00 |        |                | Member Lane Swim<br>6:00 - 8:45                   |                                           |
| 6:30 AM                                  |                         |        |                | AquaFit<br>9:00 - 9:45                            | Aquatic Leadership Course<br>8:30 - 11:00 |
| 7:00 AM                                  |                         |        |                | HydroTherapy<br>10:00 - 10:45                     |                                           |
| 7:30 AM                                  |                         |        |                | Public Open Swim / Lane Swim (2)<br>11:00 - 12:00 | Public Open Swim<br>11:00 - 12:00         |
| 8:00 AM                                  |                         |        |                | Aquatic Leadership Course<br>12:00 - 2:00         |                                           |
| 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                                  |                         |        |                |                                                   |                                           |
| 1:30 PM                                  |                         |        |                |                                                   |                                           |
| 2:00 PM                                  |                         |        |                |                                                   |                                           |

| SATURDAY, JANUARY 3, 2026 (8am - 6pm) |                     |        |                |                                 |              |
|---------------------------------------|---------------------|--------|----------------|---------------------------------|--------------|
|                                       | GYMNASIUM           | STUDIO | COMMUNITY ROOM | LAP POOL                        | LEISURE POOL |
| 8:00 AM                               | HIIT<br>8:15 - 9:00 |        |                | Member Lane Swim<br>8:00 - 8:45 |              |
| 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                               |                     |        |                |                                 |              |
| 1:30 PM                               |                     |        |                |                                 |              |
| 2:00 PM                               |                     |        |                |                                 |              |
| 2:30 PM                               |                     |        |                |                                 |              |
| 3:00 PM                               |                     |        |                |                                 |              |
| 3:30 PM                               |                     |        |                |                                 |              |
| 4:00 PM                               |                     |        |                |                                 |              |
| 4:30 PM                               |                     |        |                |                                 |              |
| 5:00 PM                               |                     |        |                |                                 |              |
| 5:30 PM                               |                     |        |                |                                 |              |
| 6:00 PM                               |                     |        |                |                                 |              |

| SUNDAY, JANUARY 4, 2026 (8am - 6pm) |                         |        |                |                                 |              |
|-------------------------------------|-------------------------|--------|----------------|---------------------------------|--------------|
|                                     | GYMNASIUM               | STUDIO | COMMUNITY ROOM | LAP POOL                        | LEISURE POOL |
| 8:00 AM                             | Open Gym<br>8:00 - 4:00 |        |                | Member Lane Swim<br>8:00 - 8:45 |              |
| 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                             |                         |        |                |                                 |              |
| 1:30 PM                             |                         |        |                |                                 |              |
| 2:00 PM                             |                         |        |                |                                 |              |
| 2:30 PM                             |                         |        |                |                                 |              |
| 3:00 PM                             |                         |        |                |                                 |              |
| 3:30 PM                             |                         |        |                |                                 |              |
| 4:00 PM                             |                         |        |                |                                 |              |
| 4:30 PM                             |                         |        |                |                                 |              |
| 5:00 PM                             |                         |        |                |                                 |              |
| 5:30 PM                             |                         |        |                |                                 |              |
| 6:00 PM                             |                         |        |                |                                 |              |

| SWIM ADMISSION CRITERIA                                                                                                                                                                                                                                                                                                                                                                                          |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Children ages 0 - 5:</b><br>Must be directly supervised by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.<br>Maximum ratio: 2 children: 1 adult                                                                                                                                                                                                                       |  |
| <b>Children ages 6 - 9:</b><br>[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.<br><b>Maximum ratio: 3 children: 1 adult</b><br>[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.<br>Maximum ratio: 3 children: 1 adult |  |
| <b>Youth ages 10 - 15:</b><br>Must pass a swim test to access deep water. If they do not pass, they must stay in the shallow water.                                                                                                                                                                                                                                                                              |  |
| <b>What is the Facility Swim Test?</b><br>To enter deep water and/or swim independently, swimmers must: <ul style="list-style-type: none"><li>25-meter non-stop front swim</li><li>30 second tread in deep end</li><li>Adult swim test: discretion of the lifeguard</li></ul>                                                                                                                                    |  |

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.

| FACILITY HOURS                                                    |  |
|-------------------------------------------------------------------|--|
| Monday - Friday:<br>6:00am - 10:00pm                              |  |
| Saturday & Sunday:<br>8:00am - 6:00pm                             |  |
| Holidays:<br>8:00am - 4:00pm<br>(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

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