

Schedule at a Glance - Les Chater Family YMCA

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

		MONDAY DEC	CEMBER 22, 2025 (6a	m - 10pm)	
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAPPOOL	LEISURE POOL
6:00 AM				Member Lane Swim	
6:30 AM				6:00 - 6:45	
7:00 AM	Open Gym			AquaFit	
7:30 AM	6:00 - 9:00			7:00 - 7:45	
8:00 AM				Member Open Swim	
8:30 AM				8:00 - 8:45	
9:00 AM	HIIT	BodyFit		AquaFit	
9:30 AM	9:15 - 10:00	9:15 - 10:00		9:00 - 9:45	
10:00 AM		TRX		HydroTherapy	
10:30 AM		10:15 - 11:00		10:00 - 10:45	
11:00 AM		Pilates		Public Open Swim / Lane Swim (2)	Public Open Swim
1:30 AM		11:15 - 12:00		11:00 - 12:00	11:00 - 12:00
2:00 PM		GentleFit			
2:30 PM		12:15 - 1:00			
1:00 PM		Chair Yoga			
:30 PM	Open Gym	1:15-2:00			
2:00 PM				Member Lane Swim 1:00 - 3:45	
2:30 PM	10:45 - 6:30				
3:00 PM	10.15 0.50				
3:30 PM					
I:00 PM					
1:30 PM					
5:00 PM				Member Open Swim / Lane Swim (2)	Member Open Swim
5:30 PM		Cycle Fit		4:00 - 6:55	4:00 - 7:00
5:00 PM		5:30-6:30			
5:30 PM		Zumba			
7:00 PM		6:45 - 7:30			
7:30 PM	Yoga Badminton 7:45-8:45		Public Open Swim	Public Open Swim	
:00 PM		7:45 - 8:45		7:00-8:55	7:00 - 8:55
3:30 PM	6:45 - 9:45			7.00 0.00	7,00 0,00
9:00 PM					
9:30 PM				Public Lane Swim	
10:00 PM				9:00 - 9:45	

			MBER 23, 2025 (6a	<u>-</u>	
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAPPOOL	LEISURE POOL
6:00 AM					
6:30 AM					
7:00 AM				Public Lane Swim	
7:30 AM				6:00 - 8:45	
8:00 AM	Open Gym				
8:30 AM	6:00 - 10:45				
9:00 AM				AquaFit	
9:30 AM		CycleFit		9:00 - 9:45	
10:00 AM		9:30 - 10:15		HydroTherapy	
10:30 AM				10:00 - 10:45	
11:00 AM				Member Open Swim / Lane Swim (2)	Member Open Sw
11:30 AM	Pickleball	Zumba Gold		11:00 - 12:00	11:00 - 12:00
12:00 PM	11:00 - 1:30	11:00 - 11:45	Queenax		
12:30 PM			10:30 - 11:15		
1:00 PM			(Fitness Centre)		
1:30 PM					
2:00 PM				Public Lane Swim	
2:30 PM				1:00 - 3:45	
3:00 PM	Onon Gum				
3:30 PM	Open Gym 1:45 - 6:00				
4:00 PM	1.15 0.00				
4:30 PM					
5:00 PM		Strength & Conditioning		Member Open Swim / Lane Swim (2)	
5:30 PM		5:15-6:00		4:00 - 6:50	
6:00 PM		CycleFit			Member Open Swi
6:30 PM	Member Basketball 6:00 - 9:45	6:15 - 7:00			7:00-8:55
7:00 PM		Stretch & Mobility		AquaFit	7.00-0.53
7:30 PM		7:15-8:00		7:00 - 7:45	
8:00 PM				Member Open Swim / Lane Swim (2)	
8:30 PM				7:55 - 8:55	
9:00 PM					
9:30 PM				Member Lane Swim	
10:00 PM				9:00 - 9:45	

		WEDNESDAY, D	ECEMBER 24, 2025 (6	бат - 2pm)	
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAPPOOL	LEISURE POOL
6:00 AM					
6:30 AM					
7:00 AM	Open Gym			Member Lane Swim	
7:30 AM	6:00 - 9:00			6:00 - 8:45	1
8:00 AM					
8:30 AM					
9:00 AM	Muscle Fit	Low Impact		AquaFit	
9:30 AM	9:15 - 10:00	9:15 - 10:00		9:00 - 9:45	
10:00 AM		Bands, Bosu & Balls		HydroTherapy	
10:30 AM		10:15 - 11:00		10:00 - 10:45	
11:00 AM		Pilates			
11:30 AM	0 6	11:15 - 12:00		Public Open Swim / Lane Swim (2)	Public Open Swim
12:00 PM	Open Gym - 10:30 - 1:45			11:00 - 1:00	11:00 - 1:00
12:30 PM	10,30-1,43				
1:00 PM				1	
1:30 PM				1	
2:00 PM					

HURSDAY, DECEMBER 25, 2025 (closed) HAPPA HOLIDAYS

	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM					
8:30 AM					
9:00 AM				Member Lane Swim	
9:30 AM	Open Gym			8:00 - 10:45	
10:00 AM	8:00 - 12:15				
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM				Public Open Swim / Lane Swim (2)	Public Open Swim
12:30 PM				11:00 - 1:45	11:00 - 1:45
1:00 PM	Pickleball				
1:30 PM	12:30 - 2:30				
2:00 PM				Member Lane Swim	
2:30 PM				2:00 - 3:00	
3:00 PM	Open Gym				
3:30 PM	2:45 - 3:45				

	Gymnasium	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM	HIIT			Member Lane Swim	
8:30 AM	8:15-9:00			8:00 - 8:45	
9:00 AM		CycleFit			
9:30 AM		9:15 - 10:00			
10:00 AM		Zumba			
10:30 AM		10:15 - 11:00		Aquatic Leadersh	
11:00 AM		Yoga		9:00 - 1:0	0
11:30 AM		11:15 - 12:15			
12:00 PM					
12:30 PM					
1:00 PM	Open Gym			Member Open Swim / Lane Swim (2)	Member Open Swim
1:30 PM	9:15 - 5:45			1:00 - 2:25	1:00-2:30
2:00 PM					
2:30 PM					
3:00 PM				Public Open Swim	Public Open Swim
3:30 PM				2:30 - 4:30	2:30-4:30
4:00 PM					
4:30 PM					
5:00 PM				Member Lane Swim	
5:30 PM				4:45 - 5:45	
6:00 PM					

SATURDAY, DECEMBER 27, 2025 (8am - 6pm)

	SUNDAY, DECEMBER 28, 2025 (8am - 6pm)						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAPPOOL	LEISURE POOL		
8:00 AM				Member Lane Swim			
8:30 AM				8:00 - 8:45			
9:00 AM		CycleFit					
9:30 AM		9:00 - 9:45					
10:00 AM		TRX					
10:30 AM		10:00 - 10:30		Aquatic Leadersh	•		
11:00 AM		Yoga		9:00 - 1:00	0		
11:30 AM	Open Gym	10:45 - 11:45					
12:00 PM	8:00 - 4:00						
12:30 PM							
1:00 PM				Member Open Swim / Lane Swim (2)	Member Lane Swim		
1:30 PM				1:00 - 2:00	1:00 - 2:00		
2:00 PM			Harras Maria Carres				
2:30 PM			Home Alone Course	(10 - 13 yrs)			
3:00 PM			1:00 - 5:00				
3:30 PM			1.00-5.00	A 1			
4:00 PM				Aquatic Leadersh 2:00 - 6:0			
4:30 PM	Padminton			2.00 0.0			
5:00 PM	- Badminton 4:15 - 5:45						
5:30 PM	т.15 5.75						
6:00 PM							

Open Gym, Member Open / Lane Swim

Public Open / Lane Swim

Drop In Recreational Sports

Registered Programs

Drop In Group Fitness

	SWIM ADMISSION CRITERIA
Children ages 0 - 5: Must be directly supervised by a parent/gua Maximum ratio: 2 children: 1 adult	dian (min. 16 years of age) in the water within arm's reach at all times.
Children ages 6 - 9:	
[Unable to pass swim test] Must be accompa	nied 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	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.

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?

Maximum ratio: 3 children: 1 adult

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



Schedule at a Glance - Les Chater Family YMCA

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

	GYMNASIUM	STUDIO	CEMBER 29, 2025 (6a	LAP POOL	LEISURE POOL
6:00 AM	G TWI W 1516W1	310510	COMMONTALITACOM	Member Lane Swim	ELISONET GOL
6:30 AM				6:00-6:45	
7:00 AM	Open Gym			AquaFit	
7:30 AM	6:00 - 9:00			7:00 - 7:45	
8:00 AM				Member Open Swim	
8:30 AM				8:00 - 8:45	
9:00 AM	HIIT	BodyFit		AquaFit	Aquatic Leadership Course
9:30 AM	9:15 - 10:00	9:15 - 10:00		9:00 - 9:45	8:30 - 11:00
10:00 AM		TRX		HydroTherapy	
10:30 AM		10:15 - 11:00		10:00 - 10:45	
11:00 AM		Pilates		Public Open Swim / Lane Swim (2)	Public Open Swim
11:30 AM		11:15 - 12:00		11:00 - 12:00	11:00 - 12:00
12:00 PM			GentleFit		ip Course
12:30 PM		12:15 - 1:00		12:00 - 1:0 Aquatic Leadership Course	00
1:00 PM	Open Gym	Chair Yoga			
1:30 PM		1:15-2:00		1:00 - 4:00	
2:00 PM			Babysitting Course (12-15 yrs)		
2:30 PM	10:45 - 6:30			Member Lane Swim (2) 1:00 - 3:45	
3:00 PM			12:30 - 6:00		
3:30 PM					
4:00 PM					
4:30 PM 5:00 PM				M	
5:30 PM		Cycle Fit		Member Open Swim / Lane Swim (2) 4:00 - 6:55	Member Open Swim 4:00 - 7:00
6:00 PM		5:30-6:30		4.00-0.55	4.00 - 7.00
6:30 PM		Zumba			
7:00 PM		6:45 - 7:30			
7:30 PM		Yoga			
8:00 PM	Badminton	7:45 - 8:45		Public Open Swim	Public Open Swim
8:30 PM	6:45 - 9:45			7:00-8:55	7:00 - 8:55
9:00 PM					
9:30 PM				Public Lane Swim	
10:00 PM				9:00 - 9:45	

10:00 PM				9:00 - 9:45				
	THURSDAY, JANUARY 1, 2026 (12pm - 4pm)							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL			
12:00 PM								
12:30 PM				Public Open Swim / Lane Swim (2)	Public Open Swim			
1:00 PM				12:00 - 1:45	12:00 - 1:45			
1:30 PM	Open Gym							
2:00 PM	12:00 - 3:45			Public Lane Swim				
2:30 PM				2:00 - 3:00				
3:00 PM								
3:30 PM								
4:00 PM								

	CVAANACHIAA		EMBER 30, 2025 (6a)	<u> </u>	L FIGURE DOOL
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAPPOOL	LEISURE POOL
6:00 AM					
6:30 AM					
7:00 AM				Public Lane Swim	
7:30 AM				6:00 - 8:45	
8:00 AM	Open Gym				
8:30 AM	6:00 - 10:45				
9:00 AM				AquaFit	Aquatic Leadership Cours
9:30 AM		CycleFit		9:00 - 9:45	8:30 - 11:00
10:00 AM		9:30 - 10:15		HydroTherapy	0.50 11.00
10:30 AM			Queenax	10:00 - 10:45	
11:00 AM			10:30-11:15	Member Open Swim / Lane Swim (2)	Member Open Swim
11:30 AM	Pickleball 11:00 - 1:30	Zumba Gold	(Fitness Centre)	11:00 - 12:00	11:00 - 12:00
12:00 PM		11:00-11:45		Aquatic Leadersh	ip Course
12:30 PM				12:00 - 1:0	00
1:00 PM					
1:30 PM				Aquatic Leadership Course	
2:00 PM				1:00 - 4:00	
2:30 PM			Babysitting Course	- 15 (5)	
3:00 PM			(12 - 15 yrs)	Public Lane Swim (2)	
3:30 PM	Open Gym		12:30 - 6:00	1:00 - 3:45	
4:00 PM	1:45 - 6:00				
4:30 PM					
5:00 PM		Strength & Conditioning		Member Open Swim / Lane Swim (2)	
5:30 PM		5:15-6:00		4:00 - 6:50	
6:00 PM		CycleFit			M 1 0 0 1
6:30 PM		6:15 - 7:00			Member Open Swim
7:00 PM	Member Basketball 6:00 - 9:45	Stretch & Mobility		AquaFit	4:00-8:55
7:30 PM		7:15 - 8:00		7:00 - 7:45	
8:00 PM				Marshan Orang Grid (In Grid (2)	
8:30 PM				Member Open Swim / Lane Swim (2)	
9:00 PM				7:55 - 8:55	
9:30 PM				Member Lane Swim	
10:00 PM		1		9:00 - 9:45	

	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM					
6:30 AM					
7:00 AM	Open Gym			Member Lane Swim	
7:30 AM	6:00 - 9:00			6:00-8:45	
8:00 AM					
8:30 AM					
9:00 AM	Strength & Conditioning	BodyFit		AquaFit	
9:30 AM	9:15 - 10:00	9:15 - 10:00		9:00 - 9:45	
10:00 AM		Circuit		HydroTherapy	
10:30 AM	O C	10:15 - 11:00		10:00 - 10:45	
11:00 AM	- Open Gym 10:15 - 12:15	Pilates		Public Open Swim / Lane Swim (2)	Public Open Swim
11:30 AM	- 10.13 - 12.13	11:15 - 12:00		11:00 - 12:00	11:00 - 12:00
12:00 PM					
12:30 PM					
1:00 PM	Pickleball	GentleFit			
1:30 PM	12:30 - 2:30	1:00 - 1:45		Member Lane Swim	
2:00 PM					
2:30 PM				1:00 - 3:45	
3:00 PM					
3:30 PM					
4:00 PM	Open Gym				
4:30 PM	2:45 - 6:00				
5:00 PM		Yoga		Member Open Swim / Lane Swim (2)	Member Open Swi
5:30 PM		5:45 - 6:45		4:00 - 7:00	4:00 - 7:00
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM	Member Basketball			Public Open Swim	Public Open Swim
8:00 PM	6:00 - 9:45			7:00 - 9:00	7:00 - 9:00
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

9:00 PM				
9:30 PM				
10:00 PM				
				ı
	F.	ACILITY HOURS		ı
	١	Monday - Friday:		
	6	:00am - 10:00pm		
	Sa	aturday & Sunday:		
	3	3:00am - 6:00pm		
		Holidays:		
	8	3:00am - 4:00pm		
	(times n	nay 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

ļ	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM					
6:30 AM					
7:00 AM	Open Gym			Member Lane Swim	
7:30 AM	6:00 - 9:00			6:00 - 8:45	
8:00 AM					
8:30 AM					
9:00 AM	Muscle Fit	Low Impact		AquaFit	A tiel andoughin Course
9:30 AM	9:15 - 10:00	9:15 - 10:00	9:15 - 10:00	9:00-9:45	Aquatic Leadership Course 8:30 - 11:00
10:00 AM		Bands, Bosu & Balls		HydroTherapy	0.30 - 11.00
10:30 AM	Open Gym	10:15 - 11:00		10:00 - 10:45	
11:00 AM		Pilates		Public Open Swim / Lane Swim (2)	Public Open Swim
11:30 AM		11:15 - 12:00		11:00 - 12:00	11:00 - 12:00
12:00 PM					
12:30 PM	10:15 - 1:45				
1:00 PM				Aquatic Leadersh	•
1:30 PM				12;00 - 2;0	00
2:00 PM					

	Gymnasium	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM	HIIT			Member Lane Swim	
8:30 AM	8:15 - 9:00			8:00 - 8:45	
9:00 AM		CycleFit			
9:30 AM		9:15 - 10:00			
10:00 AM		Zumba		Member Open Swim / Lane Swim (2) 9:00 - 12:30 Member Open 9:00 - 12:30	Member Open Swim
10:30 AM		10:15 - 11:00			9:00 - 12:30
11:00 AM		Yoga			
11:30 AM		11:15 - 12:15			
12:00 PM					
12:30 PM					
1:00 PM	Open Gym			Member Open Swim / Lane Swim (2)	Member Open Swim
1:30 PM	9:15 - 5:45			1:00 - 2:25	1:00-2:30
2:00 PM					
2:30 PM					
3:00 PM				Public Open Swim	Public Open Swim
3:30 PM				2:30-4:30	2:30-4:30
4:00 PM					
4:30 PM					
5:00 PM				Member Lane Swim	
5:30 PM				4:45 - 5:45	
6:00 PM					

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		SUNDAY, JA	NUARY 4, 2026 (8an	n - 6pm)	
	Gymnasium	STUDIO	COMMUNITY ROOM	LAPPOOL	LEISURE POOL
8:00 AM				Member Lane Swim	
8:30 AM				8:00 - 8:45	
9:00 AM		CycleFit			
9:30 AM		9:00 - 9:45			
10:00 AM		TRX			Member Open Swim
10:30 AM		10:00 - 10:30			9:00 - 12:30
11:00 AM		Yoga		5100 12150	
11:30 AM	Open Gym	10:45 - 11:45			
12:00 PM	8:00 - 4:00				
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM				Aquatics Staff T	raining
3:30 PM				, iquates statis	
4:00 PM	<u>.</u>				
4:30 PM	Badminton				
5:00 PM	4:15 - 5:45				
5:30 PM					
6:00 PM					

Registered Programs Open Gym, Member Open / Lane Swim Drop In Recreational Sports

Drop In Group Fitness Public Open / Lane Swim

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 accomp	panied 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	Maximum ratio: 6 children: 1 adult (with lifejackets)				
[Able to pass swim test] Must be supervised	by a parent/quardian (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.

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