## Schedule at a Glance - Les Chater Family YMCA June 30, 2025 to September 7, 2025



MONDAY							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL		
6:00 AM				Member Lane Swim			
6:30 AM	1			6:00-6:45			
7:00 AM	Open Gym			*NEW* Aqua Zumba			
7:30 AM	6:00 - 9:00			7:00-7:45			
8:00 AM	1			Member Open Swim			
8:30 AM	1			8:00 - 8:45			
9:00 AM	HIIT	BodyFit		AquaFit			
9:30 AM	9:15 - 10:00	9:15 - 10:00	Summer Fun 101	9:00 - 9:45			
10:00 AM	Summer Fun 101	TRX	(4-6 yrs)	HydroTherapy			
10:30 AM	(4-6 yrs)	10:15 - 11:00	(7 - 12 yrs)	10:00 - 10:45			
11:00 AM	(7 - 12 yrs)	Pilates	9:00 - 12:00	Public Open Swim / Lane Swim (2)	Public Open Swim		
11:30 AM	10:00 - 12:00	11:15 - 12:00		11:00 - 12:00	11:00 - 12:00		
12:00 PM		GentleFit		Aquatic Leadersh	•		
12:30 PM		12:15 - 1:00		12:00-1:0	00		
1:00 PM		Chair Yoga	CanWell	Aquatic Leadership Course			
1:30 PM	Open Gym	1:15-2:00	1:00-3:00	1:00-2:30			
2:00 PM	12:15-4:15		(Fitness Centre)	Member Lane Swim (2)			
2:30 PM			(	1:00-2:30			
3:00 PM				Member Open Swim / Lane Swim (2)	Member Open Swim		
3:30 PM				2:30-3:45	2:30-3:45		
4:00 PM							
4:30 PM	Basketball: Level 1 (3 - 5 yrs)		YMCA S.T.E.A.M (6 - 12 yrs)				
5:00 PM	4:45 - 5:30		4:45 - 5:45	Swim Less			
5:30 PM	Basketball: Level 1 (6 - 12 yrs)	Cycle & Strength		4:00 - 7:0	0		
6:00 PM	5:45-6:45	5:30-6:30	YMCA S.T.E.A.M (3 - 5 yrs)				
6:30 PM		Zumba	6:00-6:45				
7:00 PM		6:45 - 7:30		Adult Swim Lessons			
7:30 PM		Yoga			Public Open Swim		
8:00 PM	Badminton	7:45 - 8:45			7:00 - 9:00		
8:30 PM	7:00 - 9:45			7:30-9:00			
9:00 PM							
9:30 PM							
10:00 PM							

THURSDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM						
6:30 AM						
7:00 AM	Open Gym			Public Lane Swim		
7:30 AM				6:00-8:45		
8:00 AM						
8:30 AM	6:00 - 10:45		Queenax			
9:00 AM			8:45 - 9:30	AquaFit		
9:30 AM		CycleFit	(Fitness Centre)	9:00 - 9:45		
10:00 AM		9:30 - 10:15		HydroTherapy		
10:30 AM		Healthy Hearts		10:00 - 10:45		
11:00 AM		10:35 - 10:55		Member Open Swim / Lane Swim (2)	Member Open Swim	
11:30 AM	Pickleball	Chair Yoga		11:00 - 12:00	11:00-12:00	
12:00 PM	– 11:00 - 1:30	11:15 - 12:00	Aquatic Leaders	-		
12:30 PM				12:00 - 1:0	0	
1:00 PM				Aquatic Leadership Course		
1:30 PM		Balance +		1:00-2:30		
2:00 PM		1:30-2:15		Public Lane Swim (2)		
2:30 PM	Open Gym	Fit for Function		1:00-2:30		
3:00 PM	1:45-4:15	3:00-4:00		Public Open Swim / Lane Swim (2)	Public Open Swim	
3:30 PM				2:30-3:45	2:30-3:45	
4:00 PM		Back to Living Well	Back to Living Well			
4:30 PM	Volleyball: Level 1 (6-12 yrs)	4:45 - 5:45	(Education Session)			
5:00 PM	4:45 - 5:45	(May 20 - August 7)	4:15-4:45	Swim Lesso		
5:30 PM	Volleyball: Level 2 & 3 (8 - 12 yrs)	CycleFit		4:00 - 7:00	)	
6:00 PM	6:00-7:00	5:45-6:30				
6:30 PM						
7:00 PM				AquaFit		
7:30 PM				7:00 - 7:45	Public Open Swim	
8:00 PM	Member Basketball			Member Open Swim / Lane Swim (2)	7:00-9:00	
8:30 PM	7:15-9:45			7:55 - 8:55		
9:00 PM						
9:30 PM				Member Lane Swim		
10:00 PM				9:00 - 9:45		

## 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 Maximum ratio: 6 children: 1 adult (with lifejackets)

[Able to pass swim test] Must be supervised by a parent/guardian (min. 16 years of age) in the pool area (visual contact). Can swim in both pools.

Maximum ratio: 3 children: 1 adult

Youth ages 10 - 15:

Must pass a swim test to access deep water. If they do not pass, they must stay in the shallow water.

## What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- 25-meter non-stop front swim
- 30 second tread in deep end

• Adult swim test: discretion of the lifeguard

The swim test must be demonstrated at each visit to the YMCA.

At any time, lifeguards may ask for a demonstration of participants swimming ability if they feel there is a question of the

participant's safety.

TUESDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM						
6:30 AM	Open Gym	HIIT				
7:00 AM		6:30-7:00		Public Lane Swim		
7:30 AM	6:00-8:45			6:00 - 8:45		
8:00 AM						
8:30 AM	1					
9:00 AM	Summer Fun 101			AquaFit		
9:30 AM	(4-6 yrs)	CycleFit	Summer Fun 101	9:00 - 9:45		
0:00 AM	(7 - 12 yrs)	9:30 - 10:15	(4 - 6 yrs)	HydroTherapy		
0:30 AM	9:00 - 10:45	Healthy Hearts	Ithy Hearts (7 - 12 yrs)	10:00 - 10:45		
1:00 AM		10:35 - 10:55	9:00-12:00	Member Open Swim / Lane Swim (2)	Member Open Swim	
1:30 AM	Pickleball	Zumba Gold		11:00 - 12:00	11:00-12:00	
2:00 PM	11:00-1:30	11:00-11:45	Queenax 10:30 - 11:15	Aquatic Leadersh	ip Course	
2:30 PM	11.00 1.50			12:00 - 1:0	00	
:00 PM	_		(Fitness Centre)	Aquatic Leadership Course		
30 PM		Balance +		1:00-2:30		
00 PM		1:30-2:15		Public Lane Swim (2)		
30 PM	Open Gym	1.50 2.15		1:00-2:30		
:00 PM	1:45-4:15	Fit for Function		Public Open Swim / Lane Swim (2)	Public Open Swim	
:30 PM		3:00-4:00		2:30-3:45	2:30-3:45	
:00 PM	_	Dadita Living Wall				
:30 PM	Soccer: Level 1 (3 - 5 yrs)	Back to Living Well 4:00 - 5:00				
:00 PM	4:45 - 5:30	(May 20 - August 7)		Swim Lessons		
30 PM	Soccer: Level 1 (6 - 12 yrs)			4:00 - 7:0	0	
:00 PM	5:45-6:45	Strength & Conditioning				
:30 PM		5:15-6:00				
:00 PM		CycleFit		AquaFit		
30 PM		6:15 - 7:00		7:00-7:45	Public Open Swim	
00 PM	Member Basketball			Member Open Swim / Lane Swim (2)	7:00-9:00	
:30 PM	7:00-9:45			7:55 - 8:55		
9:00 PM 9:30 PM	-					
				Member Lane Swim 9:00 - 9:45		
0:00 PM				9.00-9.43		

			FRIDAY		
	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		TRX			
10:30 AM	Open Gym	10:15 - 11:00		Public Open Swim / Lane Swim (2)	Public Open Swim
11:00 AM	10:15 - 11:45	Pilates		10:00 - 12:00	10:00 - 12:00
11:30 AM		11:15 - 12:00			
12:00 PM				Aquatic Leadersh	
12:30 PM	Pickleball 12:00 - 2:00			12:00 - 1:00	
1:00 PM		GentleFit	CanWell	Aquatic Leadership Course	
1:30 PM		1:00 - 1:45	1:00 - 3:00	1:00-2:30	
2:00 PM			(Fitness Centre)	Member Lane Swim (2)	
2:30 PM	Open Gym			1:00-2:30	
3:00 PM	2:15-4:15			Member Open Swim / Lane Swim (2)	Member Open Swim
3:30 PM				2:30-3:45	2:30-3:45
4:00 PM					
4:30 PM	Basketball: Level 3 (8-12 yrs)		·		
5:00 PM	4:45 - 5:45	Yoga		Swim Lesso	
5:30 PM		5:45 - 6:45		4:00-7:0	0
6:00 PM	Soccer: Level 3 (8 - 12 yrs)				
6:30 PM	6:00 - 7:00				
7:00 PM				Adult Swim Lessons	
7:30 PM	Mombor Packathall			6:55 - 7:25	Public Open Swim
8:00 PM	Member Basketball 7:15 - 9:45			Public Open Swim	7:00-9:00
8:30 PM 9:00 PM	7.13 2.13			7:30-9:00	
9:00 PM 9:30 PM					
10:00 PM					
10.00 FIN					

FACIL	ITY H	OURS
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Mon - Fri: 6:00am - 10:00pm

Saturday & Sunday: 8:00am - 6:00pm

Holidays: 8:00am - 2:00pm

(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

9:30 10:00 10:30 11:00 11:30 12:00 12:30 1:00 | 1:30 | 2:00 | 2:30 | 3:00 | 3:30 | 4:00 | 4:30 5:00 5:30 6:00 6:30 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 8:30 9:00 9:30/ 10:00 10:30 11:00 11:30 12:00 12:30 1:00 F 1:30 F 2:00 F 2:30 F

6:00 F 8:00 A 8:30 A 9:00 A 9:30 A 10:00 10:30 11:00 11:30 12:00 12:30 1:00 F 1:30 P 2:00 F 2:30 F 3:00 P 3:30 F 4:00 F 4:30 F 5:00 P 5:30 P 6:00 P

WEDNESDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM		CycleFit				
6:30 AM		6:15-7:00				
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	HIT	Low Impact		AquaFit		
9:30 AM	9:15 - 10:00	9:15 - 10:00	Summer Fun 101	9:00 - 9:45		
10:00 AM	Summer Fun 101	Bands, Bosu & Balls	(4-6 yrs)	HydroTherapy		
10:30 AM	(4 - 6 yrs)	10:15 - 11:00	(7 - 12 yrs)	10:00 - 10:45		
11:00 AM	(7 - 12 yrs)	Pilates	9:00 - 12:00	Public Open Swim / Lane Swim (2)	Public Open Swim	
11:30 AM	10:15 - 12:00	11:15 - 12:00		11:00 - 12:00	11:00 - 12:00	
12:00 PM				Aquatic Leadersh	-	
12:30 PM				12:00 - 1:0	0	
1:00 PM	Walk Fit			Aquatic Leadership Course		
1:30 PM	1:00 - 1:45			1:00-2:30		
2:00 PM				Member Lane Swim (2)		
2:30 PM	Open Gym			1:00-2:30		
3:00 PM	2:00-4:15			Member Open Swim / Lane Swim (2)	Member Open Swim	
3:30 PM				2:30-3:45	2:30-3:45	
4:00 PM						
4:30 PM	Basketball: Level 2 (6 - 12 yrs)		Art-Ventures (3 - 5 yrs)			
5:00 PM	4:45 - 5:45		5:00-5:45	Swim Lesso		
5:30 PM				4:00 - 7:00	)	
6:00 PM	Soccer: Level 2 (6 - 12 yrs)	Zumba	Art-Ventures (6 - 12 yrs)			
6:30 PM	6:00 - 7:00	6:15-6:55	6:00 - 7:00			
7:00 PM		Yoga		AquaFit		
7:30 PM	Disklahall	7:15-8:15		7:00 - 7:45	Public Open Swim	
8:00 PM	Pickleball 7:15 - 9:45			Public Open Swim / Lane Swim (2) 8:00 - 9:00	7:00 - 9:00	
8:30 PM	7.13-9:43					
9:00 PM 9:30 PM						
10:00 PM						

SATURDAY						
	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	0			
9:30 AM	Open Gym 9:15 - 10:15	9:15 - 10:00				
10:00 AM	2.13 10.15			Cuting Loss		
10:30 AM	Sports Adventure (3 - 5 yrs)	Yoga		Swim Less 9:00 - 12:3		
11:00 AM	10:30 - 11:15	10:45 - 11:45		2.00 12.		
11:30 AM	Soccer: Level 1 (6 - 12 yrs)					
12:00 PM	11:30 - 12:30	Zumba				
12:30 PM		12:00 - 12:45				
1:00 PM				Mambar Open Swim (Lana Swim (2)		
1:30 PM	Pirthday Darts (		Birthday Party 1:00 - 4:00	Member Open Swim / Lane Swim (2) 1:00 - 2:30	Member Lane Swim 1:00 - 2:30	
2:00 PM	Birthday Party 1:30 - 3:00			1.00 2.50	1.00 2.50	
2:30 PM	1.50 3.00					
3:00 PM						
3:30 PM				Public Open Swim / Lane Swim (2) 2:30 - 5:00	Public Open Swim 2:30 - 5:00	
4:00 PM	Open Gym 3:15 - 5:45					
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

SUNDAY							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL		
AM AM	Open Gym 8:00 - 9:00			Member Lane Swim 8:00 - 8:45			
AM AM	Karate Beginner (6 - 12 yrs) 9:15 - 10:00	CycleFit 9:00 - 9:45					
AM AM	Karate Beginner (6 - 12 yrs) 10:15 - 11:00	Yoga		Swim Lesso 9:00 - 12:3			
AM AM	Karate Intr/Adv (6 - 12 yrs) 11:15 - 12:00	10:45-11:45		9.00-12.3	ju Ju		
PM PM	Karate Intr/Adv (6 - 12 yrs) 12:15 - 1:00						
PM PM	Karate Teen (13 - 16 yrs) 1:15 - 2:00			Member Open Swim / Lane Swim (2) 1:00 - 2:00	Member Lane Swim 1:00 - 2:00		
PM PM PM PM	Open Gym 2:15 - 4:00			Americal as downline Courses			
PM PM PM	Badminton 4:15 - 5:45			Aquatic Leadership Course 2:00 - 6:00			
PM PM							

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