## 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<br>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<br>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<br>9:30 PM | -                            |                                    |                          |                                  |                  |  |
|                    |                              |                                    |                          | Member Lane Swim<br>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<br>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<br>7:15 - 9:45 |               |                  | Public Open Swim                 | 7:00-9:00        |
| 8:30 PM<br>9:00 PM | 7.13 2.13                        |               |                  | 7:30-9:00                        |                  |
| 9:00 PM<br>9:30 PM |                                  |               |                  |                                  |                  |
| 10:00 PM           |                                  |               |                  |                                  |                  |
| 10.00 FIN          |                                  |               |                  |                                  |                  |

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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<br>7:15 - 9:45        |                     |                           | Public Open Swim / Lane Swim (2)<br>8:00 - 9:00 | 7:00 - 9:00      |  |
| 8:30 PM            | 7.13-9:43                        |                     |                           |   |                  |  |
| 9:00 PM<br>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<br>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<br>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<br>1:00 - 4:00 | Member Open Swim / Lane Swim (2)<br>1:00 - 2:30 | Member Lane Swim<br>1:00 - 2:30 |  |
| 2:00 PM  | Birthday Party<br>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)<br>2:30 - 5:00 | Public Open Swim<br>2:30 - 5:00 |  |
| 4:00 PM  | Open Gym<br>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<br>AM             | Open Gym<br>8:00 - 9:00                       |                         |                | Member Lane Swim<br>8:00 - 8:45                 |                                 |  |  |
| AM<br>AM             | Karate Beginner (6 - 12 yrs)<br>9:15 - 10:00  | CycleFit<br>9:00 - 9:45 |                |   |                                 |  |  |
| AM<br>AM             | Karate Beginner (6 - 12 yrs)<br>10:15 - 11:00 | Yoga                    |                | Swim Lesso<br>9:00 - 12:3                       |                                 |  |  |
| AM<br>AM             | Karate Intr/Adv (6 - 12 yrs)<br>11:15 - 12:00 | 10:45-11:45             |                | 9.00-12.3                                       | ju<br>Ju                        |  |  |
| PM<br>PM             | Karate Intr/Adv (6 - 12 yrs)<br>12:15 - 1:00  |                         |                |   |                                 |  |  |
| PM<br>PM             | Karate Teen (13 - 16 yrs)<br>1:15 - 2:00      |                         |                | Member Open Swim / Lane Swim (2)<br>1:00 - 2:00 | Member Lane Swim<br>1:00 - 2:00 |  |  |
| PM<br>PM<br>PM<br>PM | Open Gym<br>2:15 - 4:00                       |                         |                | Americal as downline Courses                    |                                 |  |  |
| PM<br>PM<br>PM       | Badminton<br>4:15 - 5:45                      |                         |                | Aquatic Leadership Course<br>2:00 - 6:00        |                                 |  |  |
| PM<br>PM             |   |                         |                |   |                                 |  |  |

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