



# 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	Open Gym 6:00 - 9:00			Member Lane Swim 6:00 - 6:45	
6:30 AM				*NEW* Aqua Zumba 7:00 - 7:45	
7:00 AM					
7:30 AM					
8:00 AM					Member Open Swim 8:00 - 8:45
8:30 AM					
9:00 AM	HIT 9:15 - 10:00	BodyFit 9:15 - 10:00	Summer Fun 101 (4-6 yrs) (7-12 yrs) 9:00 - 12:00	AquaFit 9:00 - 9:45	
9:30 AM	Summer Fun 101 (4-6 yrs) (7-12 yrs) 10:00 - 12:00	TRX 10:15 - 11:00		HydroTherapy 10:00 - 10:45	
10:00 AM					
10:30 AM					
11:00 AM		Pilates 11:15 - 12:00		Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00
11:30 AM	Open Gym 12:15 - 4:15				
12:00 PM		GentleFit 12:15 - 1:00		Aquatic Leadership Course 12:00 - 1:00	
12:30 PM		Chair Yoga 1:15 - 2:00		Aquatic Leadership Course 1:00 - 2:30	
1:00 PM			CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim (2) 1:00 - 2:30	
1:30 PM				Member Open Swim / Lane Swim (2) 2:30 - 3:45	Member Open Swim 2:30 - 3:45
2:00 PM				Swim Lessons 4:00 - 7:00	
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM		Basketball: Level 1 (3-5 yrs) 4:45 - 5:30			
5:00 PM	Basketball: Level 1 (6-12 yrs) 5:45 - 6:45	Cycle & Strength 5:30 - 6:30	YMCA S.T.E.A.M (3-5 yrs) 6:00 - 6:45		
5:30 PM		Zumba 6:45 - 7:30			
6:00 PM		Yoga 7:45 - 8:45		Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 9:00
6:30 PM				Public Open Swim 7:30 - 9:00	
7:00 PM	Badminton 7:00 - 9:45				
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

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

## SWIM ADMISSION CRITERIA

### Children ages 0 - 5:

Must be directly supervised by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.  
Maximum ratio: 2 children: 1 adult

### Children ages 6 - 9:

[Unable to pass swim test] Must be accompanied by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.

**Maximum ratio: 6 children: 1 adult** **Maximum ratio: 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	Open Gym 6:00 - 8:45			Public Lane Swim 6:00 - 8:45	
6:30 AM		HIIT 6:30 - 7:00			
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM	Summer Fun 101 (4 - 6 yrs) (7 - 12 yrs) 9:00 - 10:45		Summer Fun 101 (4 - 6 yrs) (7 - 12 yrs) 9:00 - 12:00	AquaFit 9:00 - 9:45	
9:30 AM		CycleFit 9:30 - 10:15		HydroTherapy 10:00 - 10:45	
10:00 AM		Healthy Hearts 10:35 - 10:55		Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
10:30 AM	Pickleball 11:00 - 1:30	Zumba Gold 11:00 - 11:45		Aquatic Leadership Course 12:00 - 1:00	
11:00 AM				Aquatic Leadership Course 1:00 - 2:30	
11:30 AM				Public Lane Swim (2) 1:00 - 2:30	
12:00 PM				Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45
12:30 PM				Swim Lessons 4:00 - 7:00	
1:00 PM	Open Gym 1:45 - 4:15	Balance + 1:30 - 2:15			
1:30 PM		Fit for Function 3:00 - 4:00			
2:00 PM					
2:30 PM		Back to Living Well 4:00 - 5:00 (May 20 - August 7)			
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM	Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30	Strength & Conditioning 5:15 - 6:00		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
7:00 PM		CycleFit 6:15 - 7:00		Member Open Swim / Lane Swim (2) 7:55 - 8:55	
7:30 PM				Member Lane Swim 9:00 - 9:45	
8:00 PM					
8:30 PM					
9:00 PM	Member Basketball 7:00 - 9:45				
9:30 PM					
10:00 PM					

FRIDAY					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM	Open Gym 6:00 - 9:00			Member Lane Swim 6:00 - 8:45	
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM				AquaFit 9:00 - 9:45	
9:00 AM		Strength & Conditioning 9:15 - 10:00		Public Open Swim / Lane Swim (2) 10:00 - 12:00	Public Open Swim 10:00 - 12:00
9:30 AM		BodyFit 9:15 - 10:00		Aquatic Leadership Course 12:00 - 1:00	
10:00 AM		TRX 10:15 - 11:00		Aquatic Leadership Course 1:00 - 2:30	
10:30 AM		Pilates 11:15 - 12:00		Member Lane Swim (2) 1:00 - 2:30	
11:00 AM	Open Gym 10:15 - 11:45			Member Open Swim / Lane Swim (2) 2:30 - 3:45	Member Open Swim 2:30 - 3:45
11:30 AM				Swim Lessons 4:00 - 7:00	
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM	Open Gym 2:15 - 4:15			Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 9:00
2:00 PM				Public Open Swim 7:30 - 9:00	
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM	Basketball: Level 3 (8 - 12 yrs) 4:45 - 5:45				
4:30 PM					
5:00 PM		Yoga 5:45 - 6:45			
5:30 PM					
6:00 PM					
6:30 PM	Soccer: Level 3 (8 - 12 yrs) 6:00 - 7:00				
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM	Member Basketball 7:15 - 9:45				
9:30 PM					
10:00 PM					

## FACILITY HOURS

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

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

SATURDAY	
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