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				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				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	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	12113 1113			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 Lesso		
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		6:55 - 7:25 Public Open Swi	Public Open Swim	
8:00 PM	Badminton 7:00 - 9:45	7:45-8:45		Public Open Swim	7:00-9:00	
8:30 PM				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				Public Lane Swim		
7:30 AM				6:00-8:45		
8:00 AM	Open Gym					
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 Leadershi	ip Course	
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	ons	
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	0.00 7.00					
7:00 PM				AquaFit		
7:30 PM				7:00 - 7:45	Member Open Swim	
8:00 PM	Member Basketball 7:15 - 9:45			Member Open Swim / Lane Swim (2)	7:00-9:00	
8:30 PM				7:55 - 8:55	100 5100	
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		HIIT			
7:00 AM	Open Gym	6:30 - 7:00		Public Lane Swim	
7:30 AM	6:00 - 8:45			6:00-8:45	
8:00 AM					
8:30 AM					
9:00 AM	Summer Fun 101			AquaFit	
9:30 AM	(4-6 yrs)	CycleFit	Summer Fun 101	9:00 - 9:45	
10:00 AM	(7 - 12 yrs)	9:30 - 10:15	(4 - 6 yrs)	HydroTherapy	
10:30 AM	9:00 - 10:45	Healthy Hearts	(7 - 12 yrs)	10:00 - 10:45	
11:00 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
12:00 PM	11:00 - 1:30	11:00-11:45	Queenax	Aquatic Leadersh	ip Course
2:30 PM	11.00 1.50		10:30 - 11:15	12:00-1:0	00
1:00 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
3:30 PM		3:00-4:00		2:30-3:45	2:30-3:45
1:00 PM		Doduto Lining Wall			
1:30 PM	Soccer: Level 1 (3 - 5 yrs)	Back to Living Well 4:00 - 5:00			
5:00 PM	4:45 - 5:30	(May 20 - August 7)		Swim Lesso	
5:30 PM	Soccer: Level 1 (6 - 12 yrs)			4:00 - 7:0	0
5:00 PM	5:45-6:45	Strength & Conditioning			
6:30 PM		5:15-6:00			
2:00 PM		CycleFit		AquaFit	
:30 PM		6:15 - 7:00		7:00-7:45	Member Open Swim
:00 PM	Member Basketball			Member Open Swim / Lane Swim (2)	7:00-9:00
3:30 PM	7:00 - 9:45			7:55 - 8:55	
9:00 PM 9:30 PM	-			Manahari ara Cuira	
				Member Lane Swim 9:00 - 9:45	
0:00 PM				9.00-9.40	

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	0 			
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	0	10:00 - 12:00	10:00 - 12:00	
11:30 AM		11:15 - 12:00				
12:00 PM	Pickleball			Aquatic Leadersh		
12:30 PM				12:00 - 1:00		
1:00 PM	12:00-2:00	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	Manala au Destas the all			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				7:30-9:00		
9:00 PM 9:30 PM						
10:00 PM						

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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

11:00 / 11:30 / 12:30 12:30 F 2:30 F 2:00 F 2:30 F 3:30 F 3:30 F 4:00 F 4:30 F 5:30 F 5:30 F 6:30 F 7:30 F 8:30 F 8:30 F 9:30 F 9:30 F 8:00 8:30 9:00 A 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 3:00 F 3:30 F 4:00 F 4:30 F 5:00 F 5:30 F 6:00 F 8:00 AI

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6:00	

Key	WEDNESDAY						
6:00 MI 6:015-700 MemberLane Swim 6:00-803 MemberLane Swim 6:00-843 8:00 AM 6:00-900		GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
7:00 AM 7:00 AM 800 AM 800 AM 800 AM 800 AMOpen Gym 600-900 	6:00 AM		CycleFit				
730 AM 600-9.00 600-9.00 800 AM	6:30 AM		6:15-7:00				
BBD AM B3D AM B3D AM 908 AM 908 AM 908 AM 908 AM 908 AM 908 AM 908 AM 908 AM 908 AM 915 - 1000 Lowinpect 915 - 1000 Lowinpect 915 - 1000 Summer Fun 101 (4-6yrs) 1015 - 1100 Bands, Bosuk Balls 1015 - 1100 Summer Fun 101 (4-6yrs) 1015 - 1100 Bands, Bosuk Balls 1015 - 1100 Summer Fun 101 (4-6yrs) 1007 M HydroTherapy 1000 PM PublicOpen Swim 1100 - 1200 PublicOpen Swim 1100 - 1200 11200 PM 1230 PM 1230 PM 1230 PM 1230 PM 1230 PM 1230 PM 1230 PM 1300 - 145 MakkFit 100 - 145 Public Pen Swim / Lane Swim(2) 1200 PM 100 - 145 Public Open Swim 1200 - 1200 1230 PM 1230 PM 1300 - 145 MakkFit 130 - 445 Member Ageustin Lane Swim(2) 230 PM 230 PM 100 - 145 Member Open Swim / Lane Swim (2) 230 PM 230 PM 100 - 230 Member Open Swim / Lane Swim (2) 230 PM 230 PM 100 - 230 Member Open Swim / Lane Swim (2) 230 PM 230 PM 445 - 545 Member Open Swim / Lane Swim (2) 230 PM 445 - 545 Member Open Swim / Lane Swim (2) 230 PM 445 - 545 Member Open Swim / Lane Swim (2) 230 PM 445 - 545 Member Open Swim / Lane Swim (2) 230 PM 445 - 545 Member Open Swim / Lane Swim (2) 230 PM 445 - 545 Member Open Swim / Lane Swim (2) 230 PM 445 - 545 Member Open Swim / Lane Swim (2) 230 PM 445 - 545 Member Open Swim / Lane Swim (2) 230 PM 445 - 545 Member Open Swim / Lane Swim (2) 230 PM 445 - 545 Member Open Swim / Lane Swim (2) 230 PM 445 - 545 Member Open Swim / Lane Swim (2) 240 PM 445 - 545 Member Open Swim / Lane Swim (2) 240 PM 445 - 545 Memb	7:00 AM	Open Gym			Member Lane Swim		
830 M4 900 M4 Muscle Fit outon Low Impact Summer Fun 101 AquaFit Sum 101 <td>7:30 AM</td> <td>6:00 - 9:00</td> <td></td> <td></td> <td>6:00 - 8:45</td> <td></td>	7:30 AM	6:00 - 9:00			6:00 - 8:45		
900 AMMusdeFit 915-1000LowInpact 915-1000AquaFit 900-945930 AM915-1000915-1000Summer Fun 101 (4-6yrs) (7-12yrs)Badds,Bosu &Balls 10.15-1100HydroTherapy 10.00-1045Public Open Swim /Lane Swim (2) 11:00-12001100 AM(7-12yrs) (7-12yrs)Pilates 11:15-1200Public Open Swim /Lane Swim (2) 11:00-1200Public Open Swim /Lane Swim (2) 11:00-12001200 PMWalk Fit 1200-11Fit 100-145Fit 100-145Fit 100-145130 PMWalk Fit 200-415Fit 200-415Fit 200-415Fit 200-415300 PMOpen Gym 200-415Fit 200-415Member Open Swim (2) 200-415300 PMSoccer Level 2(8-12yrs) 445-545Art-Ventures (3-5yrs) 500-545Member Open Swim (2) 230-345430 PMSoccer Level 2(8-12yrs) 600-7300Art-Ventures (6-12yrs) 600-7300Member Open Swim (2) 230-345430 PMSoccer Level 2(8-12yrs) 600-7300Art-Ventures (6-12yrs) 600-7300Member Open Swim (2) 230-345430 PMSoccer Level 2(8-12yrs) 615-655Art-Ventures (6-12yrs) 600-7300AquaFit 730-PM430 PMSoccer Level 2(8-12yrs) 615-655Art-Ventures (6-12yrs) 600-7300AquaFit 730-PM430 PMSoccer Level 2(8-12yrs) 615-655Art-Ventures (6-12yrs) 600-7300AquaFit 730-PM430 PMSoccer Level 2(8-12yrs) 615-655Art-Ventures (6-12yrs) 600-7300AquaFit 730-PM430 PMSoccer Level 2(8-12yrs) 615-655Art-Ventures (6-12yrs) 600-7300<	8:00 AM						
930 AM9415 - 10009415 - 1000Summer Fun 101 (4 - 6 yrs) (7 - 12 yrs)900 - 9451000 AMSummer Fun 101 (4 - 6 yrs) (7 - 12 yrs)HydroTherapy 1000 - 1045PublicOpen Swim / Lane Swim (2) 11:00 - 1200PublicOpen Swim 11:00 - 12001130 AM10:15 - 120011:15 - 1200PublicOpen Swim / Lane Swim (2) 11:00 - 1200PublicOpen Swim 11:00 - 12001200 PMMwalk Fit 100 - 145Fundamer Swim (2) 100 - 145PublicOpen Swim / Lane Swim (2) 100 - 145PublicOpen Swim / Lane Swim (2) 100 - 145130 PMMwalk Fit 200 - 4:15Fundamer Swim (2) 100 - 145Member Open Swim / Lane Swim (2) 100 - 230Member Open Swim / Lane Swim (2) 100 - 230130 PMOpen Gym 200 - 4:15Art-Ventures (3 - 5 yrs) 500 - 5:45Member Open Swim / Lane Swim (2) 200 - 4:15Member Open Swim / Lane Swim (2) 200 - 4:15130 PMSoccen: Level 2(8 - 12 yrs) 4445 - 5:45Zumba 6:15 - 6:55Art-Ventures (3 - 5 yrs) 5:00 - 5:45Swim Less 6:00 - 7:00500 PMSoccen: Level 2(8 - 12 yrs) 6:00 - 7:00Zumba 6:15 - 6:55Art-Ventures (6 - 12 yrs) 6:00 - 7:00AquaFit 7:00 - 7:457:00 PMSoccen: Level 2(8 - 12 yrs) 6:00 - 7:00Yoga 7:15 - 9:45Art-Ventures (6 - 12 yrs) 6:00 - 7:00AquaFit 7:00 - 7:457:00 PMSoccen: Level 2(8 - 12 yrs) 6:01 - 6:01 - 7:15 - 9:45Yoga 7:15 - 9:45AquaFit 7:15 - 9:45PublicOpen Swim / Lane Swim (2) 8:00 - 9:008:00 PMSoccen: Level 2(8 - 12 yrs) 6:01 - 6:01 - 7:15 - 9:45Yoga 7:15 - 9:45 <td< td=""><td>8:30 AM</td><td></td><td></td><td></td><td></td><td></td></td<>	8:30 AM						
1000 AM (4 - 6 yrs) (1 - 5 / 12 yrs) Bands, Bosuk & Balls (4 - 6 yrs) (4 - 6 yrs) HydroTherapy (1 000 - 1045 HydroTherapy (1 000 - 1045 1130 AM (7 - 12 yrs) Pilates 11:15 - 12:00 900 - 12:00 Public Open Swim / Lane Swim (2) 11:00 - 12:00 Public Open Swim / Lane Swim (2) 11:00 - 12:00 Public Open Swim / Lane Swim (2) 11:00 - 12:00 Public Open Swim / Lane Swim (2) 11:00 - 12:00 Public Open Swim / Lane Swim (2) 11:00 - 12:00 Aquatic Leadership Course 12:00 PM 10:0 - 14:5 Public Open Swim / Lane Swim (2) 10:0 - 2:30 Member Cane Swim (2) 10:0 - 7:05 Member Cane Swim (2) 10:0 - 7:05 <t< td=""><td>9:00 AM</td><td>Muscle Fit</td><td>Low Impact</td><td></td><td>AquaFit</td><td></td></t<>	9:00 AM	Muscle Fit	Low Impact		AquaFit		
10:30 AM 11:00 AM 12:00 A	9:30 AM	9:15 - 10:00	9:15 - 10:00	Summer Fun 101	9:00 - 9:45		
11:00 AM (7-12 yrs) Pilates 900-1200 Public Open Swim / Lane Swim (2) Public Open Swim 11:30 AM 10:15 - 1200 11:15 - 1200 11:00 - 1200 11:00 - 1200 11:00 - 1200 12:00 PM	10:00 AM	Summer Fun 101	Bands, Bosu & Balls				
Instruction Control Indice Spectry Indice Spectry <thindice spectry<="" th=""> Indice Spectry<td>10:30 AM</td><td>-</td><td>10:15 - 11:00</td><td></td><td>10:00 - 10:45</td><td></td></thindice>	10:30 AM	-	10:15 - 11:00		10:00 - 10:45		
Instrumt	11:00 AM	-		9:00 - 12:00	Public Open Swim / Lane Swim (2)	-	
Image: constraint of the series of	11:30 AM	10:15 - 12:00	11:15-12:00		11:00 - 12:00	11:00 - 12:00	
100 PM Walk Fit 130 PM Walk Fit 130 PM Aquatic Leadership Course 130 PM Aquatic Leadership Course 130 PM Aquatic Leadership Course 130 PM Aquatic Leadership Course 130 PM Advatic Leadership Course 130 PM Advator Nove Course 130 PM Advatic Leadershi	12:00 PM						
130 PM 100-145 Att-Ventures (3 - 5 yrs) 500 PM Member Lane Swim (2) 100 - 230 Member Copen Swim (Lane Swim (2) 100 - 230 Member Copen Swim (Lane Swim (2) 100 - 230 Member Copen Swim (Lane Swim (2) 100 - 230 Member Copen Swim (Lane Swim (2) 100 - 230 Member Copen Swim (Lane Swim (2) 100 - 230 Member Copen Swim (Lane Swim (2) 100 - 230 Member Copen Swim (Lane Swim (2) 120 - 230 Member Copen Swim (2) 120 - 230 M	12:30 PM				12:00 - 1:0	00	
200 PMMember Lane Swim (2) 100 - 230Member Lane Swim (2) 100 - 230300 PMOpen Gym 200 - 4:15Member Open Swim (2) 2:30 - 3:45Member Open Swim (2) 2:30 - 3:45300 PM2:00 - 4:15Member Open Swim (2) 2:30 - 3:45Member Open Swim (2) 2:30 - 3:45400 PMArt-Ventures (3 - 5 yr) 5:00 PMArt-Ventures (3 - 5 yr) 5:00 - 5:45Swim Less 4:00 - 7:00 - 7:455:00 PMSoccer: Level 2 (8 - 12 yr) 6:00 PMArt-Ventures (6 - 12 yr) 6:05 - 6:55Art-Ventures (6 - 12 yr) 6:00 PM6:00 PMSoccer: Level 2 (8 - 12 yr) 6:00 PMMember Open Swim (2) 7:00 PMMember Open Swim (2) 7:00 PM7:00 PMYoga 7:15 - 8:15Art-Ventures (6 - 12 yr) 6:00 PMAquaFit 7:00 - 7:457:00 PMYoga 7:15 - 9:45Yoga 7:15 - 8:159:00 PMPickeball 7:15 - 9:45Yoga 7:15 - 9:459:00 PMPickeball 7:15 - 9:45Yoga 7:15 - 9	1:00 PM				· · ·		
2:30 PM 3:00 PM 2:00 -4:15Open Gym 2:00 -4:15After Section (Control or Control or Cont	1:30 PM	1:00 - 1:45			1:00 - 2:30		
300 PM Open Gym Member Open Gym Member Open Swim/Lane Swim(2) Member Open Swim/Lane Swim(2) 330 PM 200 - 4:15	2:00 PM						
3.30 PM 2.00-4.15 Member Open Swim /Lane Swim (2) Member Open		Open Gym					
4:00 PM Image: state of the						-	
4:30 PM Basketball:Level 2(8-12yrs) 4:45 - 5:45 Art-Ventures (3 - 5yrs) 5:00 - 5:45 String tensors 5:30 PM Soccer:Level 2(8 - 12yrs) 6:00 PM Art-Ventures (6 - 12yrs) 6:05 - 6:05 Art-Ventures (6 - 12yrs) 6:00 - 7:00 6:30 PM Soccer:Level 2(8 - 12yrs) 6:00 - 7:00 Art-Ventures (6 - 12yrs) 6:00 - 7:00 Art-Ventures (6 - 12yrs) 6:00 - 7:00 7:30 PM Yoga 7:15 - 8:15 Art-Ventures (6 - 12yrs) 6:00 - 7:00 AquaFit 7:00 - 7:45 8:00 PM Yoga 7:15 - 9:45 Yoga 7:15 - 8:15 8:00 PM Pickleball 7:15 - 9:45 Yoga 7:15 - 9:45 9:00 PM Yoga 7:15 - 9:45 Public Open Swim / Lane Swim (2) 8:00 - 9:00 9:00 PM Image: Pickleball 7:15 - 9:45 Image: Pickleball 7:15 - 9:45 9:00 PM Image: Pickleball 7:15 - 9:45 Image: Pickleball 7:15 - 9:45					2:30-3:45	2:30-3:45	
Stop PM Basketball: Level 2 (8-12 yrs) 4:45 - 5:45 Art-Ventures (3 - 5 yrs) 5:00 - 5:45 Swim Lessons 4:00 - 7:00 6:00 PM Soccer: Level 2 (8-12 yrs) 6:00 - 7:00 Zumba 6:15 - 6:55 Art-Ventures (6-12 yrs) 6:00 - 7:00							
Stor PM 445 - 5:45 Source 1 Final State Source 1		Basketball: Level 2 (8 - 12 yrs)		Art-Ventures (3 - 5 yrs)			
6:00 PM Soccer: Level 2 (8-12 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 Art-Ventures (6-12 yrs) Art-Ventures (6-12 yrs) 7:00 PM Yoga Art-Ventures (6-12 yrs) Public Open Swim 7:00 PM Yoga Yoga Public Open Swim / Lane Swim 8:00 PM 7:15 - 9:45 Fublic Open Swim / Lane Swim Public Open Swim / Zou-9:00 8:30 PM 7:15 - 9:45 Fublic Open Swim / Lane Swim 7:00 - 9:00 9:00 PM Yoga Fublic Open Swim / Lane Swim 7:00 - 9:00		-		•			
6:30 PM 6:00 - 7:00 6:15 - 6:55 6:00 - 7:00 7:00 PM			7 1		4:00 - 7:0	0	
Y:00 PM Yoga AquaFit Public Open Swim Public Open S		•		• •			
7:30 PM 7:30 PM 7:15 - 8:15 Reference		0.00-7.00		0.00-7.00			
B:00 PM Pickleball Public Open Swim / Lane Swim (2) Public Open Swim / Lane Swim (2) 8:30 PM 7:15 - 9:45 7:00 - 9:00 9:00 PM 100 PM 100 PM 9:30 PM 100 PM 100 PM			-				
8:00 PM PLCKlebali 8:30 PM 7:15 - 9:45 9:00 PM 8:00 - 9:00 9:30 PM 1		Dickloball	/:15-8:15		/:00-/:45	Public Open Swim	
9:00 PM 8:00 - 9:00 9:30 PM 1					Public Open Swim / Lane Swim (2)		
9:30 PM		/.ij-2.ij			-		
	10:00 PM						

SATURDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
۹M	HIT			Member Lane Swim		
۹M	8:15-9:00			8:00 - 8:45		
۹M	Open Gym	CycleFit				
۹M	9:15 - 10:15	9:15 - 10:00				
AM	5.15 10.15			Swim Less	anc	
AM	Sports Adventure (3 - 5 yrs)	Yoga	0	9:00-12:3		
AM	10:30 - 11:15	10:45 - 11:45		5.00 12.		
AM	Soccer: Level 1 (6 - 12 yrs)					
PM	11:30 - 12:30	Zumba				
PM		12:00-12:45				
PM				Member Open Swim / Lane Swim (2)	Member Lane Swim	
РМ	Birthday Party		Birthday Party	1:00-2:30	1:00-2:30	
PM	1:30-3:00					
PM			1:00-4:00			
PM						
PM				Public Open Swim / Lane Swim (2) 2:30 - 5:00	Public Open Swim	
PM	Open Gym 3:15 - 5:45				2:30 - 5:00	
PM						
PM						
PM						
РМ						

SUNDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
۹M	Open Gym			Member Lane Swim		
۹M	8:00-9:00			8:00 - 8:45		
AM AM	Karate Beginner (6 - 12 yrs) 9:15 - 10:00	CycleFit 9:00-9:45				
AM	Karate Beginner (6 - 12 yrs)		1	Swim Loss	anc	
AM	10:15 - 11:00	Yoga		Swim Lessons 9:00 - 12:30		
AM	Karate Intr/Adv (6 - 12 yrs)	10:45 - 11:45				
AM	11:15 - 12:00					
PM	Karate Intr/Adv (6 - 12 yrs)					
PM	12:15 - 1:00					
PM	Karate Teen (13 - 16 yrs)			Member Open Swim / Lane Swim (2)	Member Lane Swim	
РМ	1:15-2:00			1:00-2:00	1:00-2:00	
PM						
PM	Open Gym					
PM	2:15-4:00					
PM				Aquatic Leadership Course		
PM				2:00-6:00		
PM	Badminton					
PM	4:15 - 5:45					
PM						
PM						

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