

## 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 10:30 AM	Summer Fun 101 (4-6 yrs)	TRX 10:15 - 11:00	(4 - 6 yrs) (7 - 12 yrs)	HydroTherapy 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	ip Course
12:30 PM		12:15 - 1:00		12:00 - 1:0	•
1:00 PM		Chair Yoga Chair Yoga	C 144 II	Aquatic Leadership Course	
1:30 PM	Onon Cum	1:15 - 2:00	CanWell 1:00 - 3:00	1:00 - 2:30	
2:00 PM	Open Gym 12:15 - 4:15		(Fitness Centre)	Member Lane Swim (2)	
2:30 PM	12.13 1.13		(Fiditess ecritic)	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 - 7:00	
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	Padminton	Yoga		6:55-7:25	Public Open Swim
8:00 PM	Badminton 7:00 - 9:45	7:45 - 8:45		Public Open Swim	7:00 - 9:00
9:00 PM	7.00 7.13			7:30 - 9:00	
9:30 PM					
10:00 PM					
			I .	1	
			THURSDAY		

	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	0.30 7.00		6:00 - 8:45	
8:00 AM	- 3.55 6.15			0.00 0.15	
8:30 AM	-				
9:00 AM	C 5 101			Agus Eit	
9:30 AM	Summer Fun 101	CycleFit	C	AquaFit 9:00-9:45	
10:00 AM	(4-6 yrs) (7-12 yrs)	9:30 - 10:15	Summer Fun 101 (4-6 yrs) (7-12 yrs)		
10:30 AM	9:00 - 10:45			HydroTherapy 10:00 - 10:45	
11:00 AM	111111111111111111111111111111111111111	Healthy Hearts 10:35 - 10:55	9:00 - 12:00	Member Open Swim / Lane Swim (2)	Member Open Swin
11:30 AM		Zumba Gold		11:00 - 12:00	11:00 - 12:00
12:00 PM	Pickleball	11:00-11:45			
12:30 PM	11:00 - 1:30		Queenax	Aquatic Leadership Course 12:00 - 1:00	
1:00 PM	-	Cognitive Groove	10:30 - 11:15 (Fitness Centre)		0
		(Research Study) 12:15 - 1:15	(Fittless Certife)	Aquatic Leadership Course 1:00 - 2:30	
1:30 PM 2:00 PM	-				
2:00 PM 2:30 PM	On on Cives	Balance + 1:30 - 2:15		Public Lane Swim (2) 1:00 - 2:30	
3:00 PM	Open Gym 1:45 - 4:15				
3:30 PM	1.75 7.15	Fit for Function 3:00 - 4:00		Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45
	-	3.00-4.00		2.30 - 3.43	2.50-5.45
4:00 PM 4:30 PM	Coccombound 1/2 Firms	Back to Living Well			
5:00 PM	Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30	4:00 - 5:00		Swim Lessons 4:00 - 7:00	
5:30 PM	1.13 3.50	(May 20 - August 7)			
6:00 PM	Soccer: Level 1 (6 - 12 yrs)	Strength & Conditioning		-1.00-7.00	
6:30 PM	5:45 - 6:45	5:15-6:00			
7:00 PM		CycleFit		AquaFit	
7:30 PM		6:15 - 7:00		7:00 - 7:45	
8:00 PM	Member Basketball 7:00 - 9:45	0.15 7.00			Member Open Swin
8:30 PM				Member openswift, Earle swift (2)	7:00 - 9:00
9:00 PM				7:55 - 8:55	
9:30 PM				Member Lane Swim	
10:00 PM				9:00-9:45	

	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAPPOOL	LEISURE POO
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	Muscle Fit	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 Sv
11:30 AM	10:15 - 12:00	11:15 - 12:00		11:00 - 12:00	11:00 - 12:00
12:00 PM				Aquatic Leadershi	p Course
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 Cum			1:00 - 2:30	
3:00 PM	Open Gym - 2:00 - 4:15			Member Open Swim / Lane Swim (2)	Member Open :
3:30 PM	2.00 7.13			2:30 - 3:45	2:30 - 3:45
4:00 PM					
4:30 PM	Basketball: Level 2 (8 - 12 yrs)		Art Vanturas (2 Eurs)		
5:00 PM	4:45 - 5:45		Art-Ventures (3 - 5 yrs) 5:00 - 5:45	Swim Lesso	ns
5:30 PM			3.00 3.43	4:00 - 7:00	)
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		AquaFit	
7:30 PM		7:15-8:15		7:00 - 7:45	Public Open Sv
8:00 PM	Pickleball			Public Open Swim / Lane Swim (2)	7:00 - 9:00
8:30 PM	7:15-9:45			8:00 - 9:00	7.00 3.00
9:00 PM				0.00 5.00	
9:30 PM					
10:00 PM					

			THURSDAY		
	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		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 Leadership Course	
12:30 PM	11.00 1.50	Cognitive Groove	12:00 - 1:00		
1:00 PM		(Research Study)		Aquatic Leadership Course	
1:30 PM		12:15 - 1:15		1:00 - 2:30	
2:00 PM		Balance+		Public Lane Swim (2)	
2:30 PM	Open Gym	1:30-2:15		1:00 - 2:30	
3:00 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
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	5,55 7,65				
7:00 PM				AquaFit	
7:30 PM				7:00 - 7:45	Member Open Swim 7:00 - 9:00
8:00 PM	Member Basketball			Member Open Swim / Lane Swim (2)	
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	

	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 Leadership	o Course
12:30 PM	Pickleball			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				1:00 - 2:30	
3:00 PM	Open Gym			Member Open Swim / Lane Swim (2)	Member Open Swim
3:30 PM	2:15-4:15			2:30-3:45	2:30-3:45
4:00 PM					
4:30 PM	D   .				
5:00 PM	Basketball: Level 3 (8- 12 yrs) 4:45 - 5:45	Yoga		Swim Lesson	ns
5:30 PM	4.45-5.45	5:45 - 6:45		4:00 - 7:00	
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				6:55 - 7:25	Public Open Swins
8:00 PM	Member Basketball			Public Open Swim	Public Open Swim 7:00 - 9:00
8:30 PM	7:15-9:45			Public Open Swim 7:00 7:30 - 9:00	7.00-9.00
9:00 PM				7.50 5.00	
9:30 PM					
10:00 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	One on Comm	CycleFit			
9:30 AM	Open Gym 9:15 - 10:15	9:15 - 10:00			
10:00 AM	9.13 - 10.13				one
10:30 AM	Sports Adventure (3 - 5 yrs)	Yoga		Swim Lessons 9:00 - 12:30	
11:00 AM	10:30 - 11:15	10:45 - 11:45			
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 Opan Swim / Lang Swim (2)	Mambar Opan Swim
1:30 PM	Rirthday Party			Member Open Swim / Lane Swim (2) 1:00 - 2:30	Member Open Swim 1:00 - 2:30
2:00 PM	Birthday Party 1:30 - 3:00		Birthday Party	1.00 2.50	1100 2.50
2:30 PM	1.50 5.00		1:00 - 4:00		
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				
4:30 PM	3:15 - 5:45				
5:00 PM					
5:30 PM					
6:00 PM					
			SUNDAY		

SUNDAY							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL		
8:00 AM	Open Gym			Member Lane Swim			
8:30 AM	8:00 - 9:00			8:00 - 8:45			
9:00 AM	Karate Beginner (6 - 12 yrs)	CycleFit					
9:30 AM	9:15 - 10:00	9:00 - 9:45					
10:00 AM	Karate Beginner (6 - 12 yrs)		7	Swim Lass	200		
10:30 AM	10:15 - 11:00	Yoga		Swim Lessons 9:00 - 12:30			
11:00 AM	Karate Intr/Adv (6 - 12 yrs)	10:45 - 11:45		9.00 - 12.50			
11:30 AM	11:15 - 12:00		1				
12:00 PM	Karate Intr/Adv (6 - 12 yrs)	1					
12:30 PM	12:15 - 1:00	1					
1:00 PM	Karate Teen (13 - 16 yrs)	1		Member Open Swim / Lane Swim (2)	Member Open Swii		
1:30 PM	1:15 - 2:00	1		1:00 - 2:00	1:00 - 2:00		
2:00 PM		1					
2:30 PM	Open Gym	1					
3:00 PM	2:15-4:00	1					
3:30 PM		1		Agustic Loodorship Course			
4:00 PM		1		Aquatic Leadership Course 2:00-6:00			
4:30 PM	Badminton	1		2.00 0.00			
5:00 PM	4:15 - 5:45	1					
5:30 PM		1					
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/guardian (min. 16 years of age) in the water within arm's reach at all times. Maximum ratio: 2 children: 1 adult

[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 (with lifejackets) Maximum ratio: 3 children: 1 adult [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:

Children ages 6 - 9:

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.

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