



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

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						
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	Chair Yoga 11:15 - 12:00		Aquatic Leadership Course 12:00 - 1:00			
11:00 AM	Cognitive Groove (Research Study) 12:15 - 1:15		Aquatic Leadership Course 1:00 - 2:30			
11:30 AM	Open Gym 1:45 - 4:15		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			Fit for Function 3:00 - 4:00	Swim Lessons 4:00 - 7:00		
1:00 PM		Back to Living Well 4:45 - 5:45 (May 20 - August 7)	Back to Living Well (Education Session) 4:15 - 4:45			
1:30 PM		Volleyball: Level 1 (6-12 yrs) 4:45 - 5:45				
2:00 PM	Volleyball: Level 2 & 3 (8 - 12 yrs) 6:00 - 7:00	CycleFit 5:45 - 6:30				
2:30 PM	Member Basketball 7:15 - 9:45				AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
3:00 PM					Member Open Swim / Lane Swim (2) 7:55 - 8:55	
3:30 PM					Member Lane Swim 9:00 - 9:45	
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
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
[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	HIIT 6:30 - 7:00		Public Lane Swim 6:00 - 8:45	
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM	Summer Fun 101 (4 - 6 yrs) (7 - 12 yrs) 9:00 - 10:45	CycleFit 9:30 - 10:15	Summer Fun 101 (4 - 6yrs) (7 - 12 yrs) 9:00 - 12:00	AquaFit 9:00 - 9:45	
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM	Pickleball 11:00 - 1:30	Healthy Hearts 10:35 - 10:55		Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM	Open Gym 1:45 - 4:15	Zumba Gold 11:00 - 11:45	Queenax 10:30 - 11:15 (Fitness Centre)	Aquatic Leadership Course 12:00 - 1:00	
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM	Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30	Cognitive Groove (Research Study) 12:15 - 1:15		Aquatic Leadership Course 1:00 - 2:30	
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM	Soccer: Level 1 (6 - 12 yrs) 5:45 - 6:45	Balance + 1:30 - 2:15		Public Lane Swim (2) 1:00 - 2:30	
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM	Member Basketball 7:00 - 9:45	Fit for Function 3:00 - 4:00		Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45
9:30 PM					
10:00 PM					
		Back to Living Well 4:00 - 5:00 (May 20 - August 7)		Swim Lessons 4:00 - 7:00	
		Strength & Conditioning 5:15 - 6:00			
		CycleFit 6:15 - 7:00		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
				Member Open Swim / Lane Swim (2) 7:55 - 8:55	
				Member Lane Swim 9:00 - 9:45	

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	Strength & Conditioning 9:15 - 10:00	BodyFit 9:15 - 10:00		AquaFit 9:00 - 9:45	
9:00 AM					
9:30 AM					
10:00 AM	Open Gym 10:15 - 11:45	TRX 10:15 - 11:00		Public Open Swim / Lane Swim (2) 10:00 - 12:00	Public Open Swim 10:00 - 12:00
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM	Pickleball 12:00 - 2:00	Pilates 11:15 - 12:00		Aquatic Leadership Course 12:00 - 1:00	
12:30 PM					
1:00 PM					
1:30 PM	Open Gym 2:15 - 4:15	GentleFit 1:00 - 1:45	CanWell 1:00 - 3:00 (Fitness Centre)	Aquatic Leadership Course 1:00 - 2:30	
2:00 PM					
2:30 PM			Member Lane Swim (2) 1:00 - 2:30		
3:00 PM			Member Open Swim / Lane Swim (2) 2:30 - 3:45	Member Open Swim 2:30 - 3:45	
3:30 PM					
4:00 PM	Basketball: Level 3 (8 - 12 yrs) 4:45 - 5:45	Yoga 5:45 - 6:45		Swim Lessons 4:00 - 7:00	
4:30 PM					
5:00 PM					
5:30 PM	Soccer: Level 3 (8 - 12 yrs) 6:00 - 7:00				
6:00 PM					
6:30 PM	Member Basketball 7:15 - 9:45			Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 9:00
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM				Public Open Swim 7:30 - 9:00	
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	