

Les Chater Family YMCA - Schedule at a Glance

MARCH BREAK: March 10 - 16, 2025

MONDAY, MARCH 10, 2025					
	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				AquaFit 7:00 - 7:45	
7:00 AM				Member Open Swim 8:00 - 8:55	
7:30 AM				AquaFit 9:00 - 9:45	
8:00 AM				HydroTherapy 10:00 - 10:45	
8:30 AM		BodyFit 9:15 - 10:00			
9:00 AM	HIIT 9:15 - 10:00				
9:30 AM		TRX 10:15 - 11:00			
10:00 AM	Open Gym 10:30 - 5:45	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		Chair Yoga 12:15 - 1:00		Aquatic Leadership Course 12:00 - 1:00	
11:00 AM		GentleFit 1:15 - 2:00		Aquatic Leadership Course 1:00 - 2:30	Aquatic Leadership Course 1:00 - 2:30
11:30 AM				Member Lane Swim (2) 1:00 - 2:30	
12:00 PM			Babysitting Course (12 - 16 yrs) 12:30 - 6:00	Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45
12:30 PM				Aquatic Leadership Course 4:00 - 7:00	
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM		Cycle & Strength 5:30 - 6:30		Public Open Swim 7:00 - 9:00	Public Open Swim 7:00 - 9:00
3:30 PM		Zumba 6:45 - 7:30			
4:00 PM		ViPR PRO 7:45 - 8:30			
4:30 PM					
5:00 PM					
5:30 PM	Badminton 6:00 - 9:45				
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					

TUESDAY, MARCH 11, 2025					
	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		HIIT 6:30 - 7:00			
7:00 AM					
7:30 AM				AquaFit 9:00 - 9:45	
8:00 AM				HydroTherapy 10:00 - 10:45	
8:30 AM				Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
9:00 AM	Pickleball 11:00 - 1:30	CycleFit 9:30 - 10:15		Aquatic Leadership Course 12:00 - 1:00	
9:30 AM		Healthy Hearts 10:35 - 10:55		Aquatic Leadership Course 1:00 - 2:30	Aquatic Leadership Course 1:00 - 2:30
10:00 AM		Zumba Gold 11:00 - 11:45		Member Lane Swim (2) 1:00 - 2:30	
10:30 AM			Babysitting Course (12 - 16 yrs) 12:30 - 6:00	Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45
11:00 AM	Open Gym 1:45 - 5:00	Optimal Fitness (Group B) 12:15 - 1:15		Aquatic Leadership Course 4:00 - 7:00	
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM	Member Basketball 5:00 - 9:45	Strength & Conditioning 5:15 - 6:00		AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 8:55
1:30 PM		CycleFit 6:15 - 7:00		Member Open Swim / Lane Swim (2) 7:55 - 8:55	
2:00 PM		ViPR Pro 7:15 - 8:00		Member Lane Swim 9:00 - 9:45	
2:30 PM					
3:00 PM					
3:30 PM					
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					

Registered Programs

Drop In Group Fitness

Open Gym/ Open Swim

Registered Aquatic Leadership Programs

Drop In Recreational Sports

Public Open / Lane Swim



Les Chater Family YMCA - Schedule at a Glance

MARCH BREAK: March 10 - 16, 2025

WEDNESDAY, MARCH 12, 2025					
	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	MuscleFit 9:15 - 10:00	Low Impact 9:15 - 10:00		AquaFit 9:00 - 9:45	
9:30 AM					
10:00 AM		Bands, Bosu & Balls 10:15 - 11:00		HydroTherapy 10:00 - 10:45	
10:30 AM					
11:00 AM	Balance + 11:15 - 12:15	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					
12:00 PM				Aquatic Leadership Course 12:00 - 1:00	
12:30 PM		VIPR Pro 12:30 - 1:15		Home Alone Course (10 - 14 yrs) 1:00 - 5:00	Aquatic Leadership Course 1:00 - 2:30
1:00 PM	WalkFit 1:00 - 1:45		Member Lane Swim (2) 1:00 - 2:30		
1:30 PM	Open Gym 2:00 - 6:45		Public Open Swim / Lane Swim (2) 2:30 - 3:45		Public Open Swim 2:30 - 3:45
2:00 PM			Aquatic Leadership Course 4:00 - 7:00		
2:30 PM		Optimal Fitness (Group A) 3:15 - 4:15			
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM		Zumba 6:10 - 6:55			
6:30 PM					
7:00 PM	Pickleball 7:15 - 9:45	Yoga 7:15 - 8:15		AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 9:00
7:30 PM				Public Open Swim / Lane Swim (2) 8:00 - 9:00	
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

THURSDAY, MARCH 13, 2025					
	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					
9:00 AM					
9:30 AM		CycleFit 9:30 - 10:15		AquaFit 9:00 - 9:45	
10:00 AM				HydroTherapy 10:00 - 10:45	
10:30 AM		Healthy Hearts 10:35 - 10:55			
11:00 AM	Pickleball 11:00 - 1:30		Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00	
11:30 AM		Chair Yoga 11:15 - 12:00			
12:00 PM				Aquatic Leadership Course 12:00 - 1:00	
12:30 PM			Optimal Fitness (Group B) 12:15 - 1:15		
1:00 PM	Open Gym 1:45 - 5:00		Aquatic Leadership Course 1:00 - 2:30	Aquatic Leadership Course 1:00 - 2:30	
1:30 PM			Member Lane Swim (2) 1:00 - 2:30		
2:00 PM					
2:30 PM				Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45
3:00 PM			Fit for Function 3:00 - 4:00	Aquatic Leadership Course 4:00 - 7:00	
3:30 PM					
4:00 PM					
4:30 PM		Strength & Conditioning Jr. (10 - 13 yrs) 4:30 - 5:30			
5:00 PM	Member Basketball 5:00 - 9:45	Back to Living Well 4:45 - 5:30	AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 8:55	
5:30 PM			Member Open Swim / Lane Swim (2) 7:55 - 8:55		
6:00 PM					
6:30 PM			CycleFit 5:45 - 6:30		
7:00 PM			CoreExpress 6:40 - 7:10		
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM				Member Lane Swim 9:00 - 9:45	

Registered Programs

Open Gym/ Open Swim

Drop In Recreational Sports

Drop In Group Fitness

Registered Aquatic Leadership Programs

Public Open / Lane Swim

Les Chater Family YMCA - Schedule at a Glance

MARCH BREAK: March 10 - 16, 2025

FRIDAY, MARCH 14, 2025					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM	Open Gym 6:00 - 9:00			Member Lane Swim 6:00 - 6:50	
6:30 AM				AquaFit 7:00 - 7:45	
7:00 AM				Member Open Swim 8:00 - 8:55	
7:30 AM				AquaFit 9:00 - 9:45	
8:00 AM				Yoga 8:00 - 9:00	
8:30 AM					
9:00 AM	Strength & Conditioning 9:15 - 10:00	BodyFit 9:15 - 10:00			
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM	Balance + 11:15 - 12:15	Pilates 11:15 - 12:00			
11:30 AM					
12:00 PM					
12:30 PM	Pickleball 12:30 - 2:00	GentleFit 1:15 - 2:00			
1:00 PM					
1:30 PM	Open Gym 2:15 - 5:00				
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Member Basketball 5:00 - 9:45				
5:00 PM					
5:30 PM					Yoga 5:45 - 6:45
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					

SATURDAY, MARCH 15, 2025						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	HIIT 8:15 - 9:00			Member Lane Swim 8:00 - 8:45		
8:30 AM						
9:00 AM	Open Gym 9:00 - 5:45	CycleFit 9:15 - 10:00		Member Open Swim / Lane Swim (2) 9:00 - 12:30	Member Open Swim 9:00 - 12:30	
9:30 AM						
10:00 AM						
10:30 AM		Yoga 10:45 - 11:45				
11:00 AM						
11:30 AM						
12:00 PM		Zumba 12:00 - 12:45				
12:30 PM						
1:00 PM					Member Open Swim / Lane Swim (2) 1:00 - 2:30	Member Open Swim 1:00 - 2:30
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						



Les Chater Family YMCA - Schedule at a Glance

MARCH BREAK: March 10 - 16, 2025

SUNDAY, MARCH 16, 2025						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym 8:00 - 3:00			Member Lane Swim 8:00 - 8:45		
8:30 AM						
9:00 AM		CycleFit 9:00 - 9:45		Aquatic Leadership Course 9:00 - 1:00		
9:30 AM						
10:00 AM		TRX 10:00 - 10:30				
10:30 AM						
11:00 AM		Yoga 10:45 - 11:45				
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM					Member Family Open Swim / Lane Swim (2) 1:00 - 2:00	Member Family Open Swim 1:00 - 2:00
1:30 PM						
2:00 PM				Aquatic Leadership Course 2:00 - 6:00		
2:30 PM	Badminton 3:00 - 5:45					
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

- Registered Programs
- Open Gym/ Open Swim
- Drop In Recreational Sports
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Public Open / Lane Swim

FACILITY HOURS
Mon-Fri: 6:00 am - 10:00 pm
Sat & Sun: 8:00 am - 6:00 pm
Holidays: 8:00 am - 4:00 pm <small>(times may vary, check in branch)</small>
Sauna & whirlpool closed during Swim Lessons. Whirlpool closed on Sundays for cleaning. Members have 10 minutes post closing time, to gather belongings.

SWIM ADMISSION CRITERIA
Children ages 0 – 6: An adult parent or guardian (14 years of age or older) must be in the water, within arms’ reach, at all times. Ratio: 1 adult per 2 children.
Children ages 7 – 9: Children at this age may attempt an in-centre swim test conducted by a YMCA lifeguard. If they pass the test, they can swim on their own while a parent or guardian (14 years of age or older) actively supervises from the pool deck. If they do not pass the test, an adult parent or guardian (14 years of age or older) must be in the water, within arms’ reach, at all times. Ratio: 1 adult per 2 children.
Youth and adults 10 years and over: Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.

What is the Facility Swim Test?
To enter deep water and/or swim independently, swimmers must:

- Show comfort in the water and
- Swim 2 widths of continuous front crawl in shallow water.

The swim test must be demonstrated at each visit to the YMCA. At any time, lifeguards may ask for a demonstration of swimming ability if they feel there is a question of the participant’s safety.