

Les Chater Family YMCA - Schedule at a Glance

May 5 - June 29, 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				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	HIIT 9:15 - 10:00	BodyFit 9:15 - 10:00			Public Open Swim 11:00 - 12:00			
9:00 AM		TRX 10:15 - 11:00						
9:30 AM	Open Gym 10:30 - 4:15	Pilates 11:15 - 12:00		Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00			
10:00 AM		GentleFit 12:15 - 1:00						
10:30 AM		Chair Yoga 1:15 - 2:00		Member Lane Swim 1:00 - 3:45				
11:00 AM								
11:30 AM		Optimal Fitness 3:15 - 4:15						
12:00 PM								
12:30 PM								
1:00 PM			CanWell 1:00 - 3:00 (Fitness Centre)					
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM	Basketball: Level 1 (3 - 5 yrs) 4:45 - 5:30		YMCA S.T.E.A.M (6 - 12 yrs) 4:45 - 5:45	Swim Lessons 4:00 - 7:00				
3:30 PM								
4:00 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					
4:30 PM		Zumba 6:45 - 7:30						
5:00 PM	Badminton 7:00 - 9:45	Yoga 7:45 - 8:45		Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 9:00			
5:30 PM				Public Open Swim 7:30 - 9:00				
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					
	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					
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		Healthy Hearts 10:35 - 10:55			
10:30 AM					
11:00 AM	Pickleball 11:00 - 1:30	Queenax 10:30 - 11:15 (Fitness Centre)	Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00	
11:30 AM		Zumba Gold 11:00 - 11:45			
12:00 PM					
12:30 PM					
1:00 PM	Optimal Fitness 12:15 - 1:15	Public Lane Swim 1:00 - 3:45			
1:30 PM	Balance + 1:30 - 2:15				
2:00 PM					
2:30 PM	Open Gym 1:45 - 4:15	Fit for Function 3:00 - 4:00			
3:00 PM		Back to Living Well 4:00 - 5:00			
3:30 PM					
4:00 PM	Sports Adventure (3 - 5 yrs) 4:45 - 5:30	Strength & Conditioning 5:15 - 6:00			Swim Lessons 4:00 - 7:00
4:30 PM					
5:00 PM	Soccer: Level 1 (6 - 12 yrs) 5:45 - 6:45	CycleFit 6:15 - 7:00			
5:30 PM					
6:00 PM	Member Basketball 7:00 - 9:45	ViPR Pro 7:15 - 8:00	AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00	
6:30 PM					
7:00 PM			Member Open Swim / Lane Swim (2) 7:55 - 8:55		
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		

Les Chater Family YMCA - Schedule at a Glance

March 31 - June 29, 2025

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	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					
12:30 PM		ViPR Pro 12:30 - 1:15			
1:00 PM	WalkFit 1:00 - 1:45				
1:30 PM					
2:00 PM	Open Gym 2:00 - 4:15			Member Lane Swim 1:00 - 3:45	
2:30 PM					
3:00 PM		Optimal Fitness 3:15 - 4:15			
3:30 PM					
4:00 PM			Swim Lessons 4:00 - 7:00		
4:30 PM	Basketball: Level 2 (6 - 12 yrs) 4:45 - 5:45			Art-Ventures (3 - 5 yrs) 5:00 - 5:45	
5:00 PM					
5:30 PM					
6:00 PM	Soccer: Level 2 (6 - 12 yrs) 6:00 - 7:00	Zumba 6:10 - 6:55		Art-Ventures (6 - 12 yrs) 6:00 - 7:00	
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					
	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				Queenax 8:45 - 9:30 (Fitness Centre)	
8:00 AM					
8:30 AM					
9:00 AM				AquaFit 9:00 - 9:45	
9:30 AM		CycleFit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45	
10:00 AM					
10:30 AM		Healthy Hearts 10:35 - 10:55		Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
11:00 AM	Pickleball 11:00 - 1:30	Chair Yoga 11:15 - 12:00			
11:30 AM					
12:00 PM					
12:30 PM		Optimal Fitness 12:15 - 1:15			
1:00 PM				Public Lane Swim 1:00 - 2:30	
1:30 PM	Open Gym 1:45 - 4:15	Balance + 1:30 - 2:15			
2:00 PM					
2:30 PM				Public Open Swim / Lane Swim (2) 2:30 - 3:45	
3:00 PM					
3:30 PM		Fit for Function 3:00 - 4:00	Back to Living Well (Education Session) 4:15 - 4:45	Swim Lessons 4:00 - 7:00	
4:00 PM					
4:30 PM	Volleyball: Level 1 (6 - 12 yrs) 4:45 - 5:45	Strength & Conditioning Jr. (10 - 13 yrs) 4:30 - 5:30	Dance (3 - 5 yrs) 4:45 - 5:30		
5:00 PM					
5:30 PM					
6:00 PM	Volleyball: Level 2/3 (8 - 12 yrs) 6:00 - 7:00	Back to Living Well 4:45 - 5:30	Dance (6 - 12 yrs) 5:45 - 6:30		
6:30 PM					
7:00 PM	Member Basketball 7:15 - 9:45	CycleFit 5:45 - 6:30		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
7:30 PM					
8:00 PM			CoreExpress 6:40 - 7:10		
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM				Member Lane Swim 9:00 - 9:45	

Les Chater Family YMCA - Schedule at a Glance

March 31 - June 29, 2025

FRIDAY								
	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								
8:30 AM	Strength & Conditioning 9:15 - 10:00	Yoga 8:00 - 9:00			Public Open Swim / Lane Swim (2) 10:00 - 12:00			
9:00 AM		BodyFit 9:15 - 10:00						
9:30 AM					Public Open Swim 10:00 - 12:00			
10:00 AM								
10:30 AM	Balance + 11:15 - 12:15	Pilates 11:15 - 12:00		CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45			
11:00 AM								
11:30 AM								
12:00 PM	Pickleball 12:30 - 2:00							
12:30 PM		GentleFit 1:15 - 2:00						
1:00 PM								
1:30 PM	Open Gym 2:15 - 4:00			Swim Lessons 4:00 - 7:00				
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM			Youth Leadership Development (10 - 16 yrs) 5:30 - 7:30	Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 9:00			
4:00 PM	Basketball: Level 3 (8 - 12 yrs) 4:30 - 5:30							
4:30 PM								
5:00 PM	Soccer: Level 3 (8 - 12 yrs) 5:45 - 6:45	Yoga 5:45 - 6:45						
5:30 PM	Youth Leadership Development (10 - 16 yrs) 6:45 - 7:30						Public Open Swim 7:30 - 9:00	
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM	Member Basketball 7:45 - 9:45							
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								

SATURDAY					
	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 9:15 - 10:15	CycleFit 9:15 - 10:00		Swim Lessons 9:00 - 12:30	
9:30 AM					
10:00 AM					
10:30 AM	Sports Adventure (3 - 5 yrs) 10:30 - 11:15	Yoga 10:45 - 11:45	Birthday Party 1:00 - 4:00	Member Open Swim / Lane Swim (2) 1:00 - 2:30	Member Open Swim 1:00 - 2:30
11:00 AM					
11:30 AM	Sports Adventure (6 - 12 yrs) 11:20 - 12:30				
12:00 PM		Zumba 12:00 - 12:45			
12:30 PM					
1:00 PM	Birthday Party 1:30 - 3:00			Public Open Swim / Lane Swim (2) 2:30 - 5:00	Public Open Swim 2:30 - 5:00
1:30 PM					
2:00 PM	Open Gym 3:15 - 5:45				
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					

Les Chater Family YMCA - Schedule at a Glance

March 31 - June 29, 2025

SUNDAY							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL		
8:00 AM	Open Gym 8:00 - 9:00			Member Lane Swim 8:00 - 8:45			
8:30 AM							
9:00 AM	Karate Beginner (6 - 12 yrs) 9:15 - 10:00	CycleFit 9:00 - 9:45		Swim Lessons 9:00 - 12:30			
9:30 AM							
10:00 AM	Karate Beginner (6 - 12 yrs) 10:15 - 11:00	TRX 10:00 - 10:30					
10:30 AM							
11:00 AM	Karate Inter./Adv. (6 - 12 yrs) 11:15 - 12:00	Yoga 10:45 - 11:45					
11:30 AM							
12:00 PM	Karate Inter./Adv. (6 - 12 yrs) 12:15 - 1:00						
12:30 PM							
1:00 PM	Karate Teen (13 - 16 yrs) 1:15 - 2:00			Member Open Swim / Lane Swim (2) 1:00 - 2:00		Member Open Swim 1:00 - 2:00	
1:30 PM							
2:00 PM	Aquatic Leadership Courses 2:00 - 6:00						
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM				Badminton 4:15 - 5:45			
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 (times may vary, check in branch)
Sauna & whirlpool closed during Swim Lessons. Whirlpool closed on Sundays for cleaning. Pool closes 60 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.

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.