



# Les Chater Family YMCA - Schedule at a Glance

November 5 - December 23, 2023

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						
8:30 AM						
9:00 AM	TotalFit 9:15 - 10:00	BodyFit 9:15 - 10:00				
9:30 AM		TRX 10:15 - 11:00				
10:00 AM		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						
11:00 AM	Open Gym 11:00 - 4:00					
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM			GentleFit 1:00 - 1:45		Member Lane Swim 1:00 - 3:45	
1:30 PM						
2:00 PM		GERAS Dance 2:00 - 3:00				
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM		Optimal Fitness 3:15 - 4:15				
4:30 PM	Basketball: Level 1 (6-12 yrs) 4:30 - 5:30		YMCA Architeers (3-5 yrs) 4:30 - 5:15	Swim Lessons 4:00 - 7:00		
5:00 PM						
5:30 PM	Basketball: Level 1 (3-5 yrs) 5:45 - 6:30	CycleFit 5:45 - 6:30	YMCA Architeers (6-12 yrs) 5:30 - 6:30			
6:00 PM		Zumba 6:45 - 7:30				
6:30 PM						
7:00 PM				Adult Swim Lessons 7:00 - 7:30	Public Open Swim 7:00 - 9:00	
7:30 PM				Public Open Swim / Lane Swim (2) 7:35 - 9:00		
8:00 PM	Badminton 6:45 - 9:45					
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					AquaFit 9:00 - 9:45	
8:00 AM			Healthy Hearts 8:00 - 9:20		Hydrotherapy 10:00 - 10:45	
8:30 AM						
9:00 AM		CycleFit 9:30 - 10:15		Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00	
9:30 AM		Zumba Gold 11:00 - 11:45	Queenax 10:30 - 11:15 (Fitness Centre)			
10:00 AM		Healthy Hearts 10:40 - 12:00				
10:30 AM	Pickleball 11:00 - 1:00					
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Open Gym 1:15 - 4:00			Public Lane Swim 1:00 - 3:45		
1:30 PM			Optimal Fitness 1:30 - 2:30			
2:00 PM			Fit for Function 3:00 - 4:00			
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Soccer: Level 1 (6-12 yrs) 4:30 - 5:30			Swim Lessons 4:00 - 7:00		
5:00 PM		Yoga 5:00 - 6:00				
5:30 PM	Soccer: Level 1 (3-5 yrs) 5:45 - 6:30		Art Spark (3-5 yrs) 4:30 - 5:15			
6:00 PM						
6:30 PM		Cycle & Strength 6:15 - 7:15		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00	
7:00 PM				Member Open Swim / Lane Swim (2) 8:00 - 9:00		
7:30 PM	Member Basketball 6:45 - 9:45					
8:00 PM			Back to Living Well 7:30 - 8:15	Art Spark (6-12 yrs) 5:30 - 6:30		
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						



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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						
10:30 AM						
11:00 AM	Open Gym 10:15 - 12:45	Pilates 11:15 - 12:00		Hydrotherapy 10:00 - 10:45	Public Open Swim 11:00 - 12:00	
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	WalkFit 1:00 - 1:45	Optimal Fitness 3:15 - 4:15		Member Lane Swim 1:00 - 3:45	Swim Lessons 4:00 - 7:00	
1:30 PM						
2:00 PM						
2:30 PM	Open Gym 2:00 - 4:00			Explorers (3-5 yrs) 4:30 - 5:15		
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Basketball: Level 2 (6-12 yrs) 4:30 - 5:30		BodyFit 5:15 - 6:00	Art-Venture (6-12 yrs) 5:30 - 6:30		
5:00 PM						
5:30 PM	Basketball: Level 1 (6-12 yrs) 5:45 - 6:45		Zumba 6:10 - 6:55			
6:00 PM						
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						
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	Healthy Hearts 8:00 - 9:20		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					
10:00 AM					
10:30 AM					
11:00 AM	Pickleball 11:00 - 1:00	Healthy Hearts 10:40 - 12:00	Queenax 8:30 - 9:15 (Fitness Centre)	AquaFit 9:00 - 9:45	Member Open Swim 11:00 - 12:00
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM	Open Gym 1:15 - 4:00	Chair Yoga 11:15 - 12:00 (starting mid-October)		Hydrotherapy 10:00 - 10:45	Member Open Swim 7:00 - 9:00
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Soccer: Level 2 (6-12 yrs) 4:30 - 5:30	Optimal Fitness 1:30 - 2:30	Dance (3-5 yrs) 4:30 - 5:15	Public Lane Swim 1:00 - 2:15	
5:00 PM					
5:30 PM	Soccer: Level 1 (3-5 yrs) 5:45 - 6:30	Fit for Function 3:00 - 4:00	Dance (6-12 yrs) 5:30 - 6:15	Public Open Swim / Lane Swim (2) 2:30 - 3:45	
6:00 PM					
6:30 PM					
7:00 PM	Member Basketball 6:45 - 9:45	Back to Living Well 7:00 - 8:00	Back to Living Well 6:30 - 7:00	Swim Lessons 4:00 - 7:00	
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					



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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					
9:00 AM	Strength & Conditioning 9:15 - 10:00	Stretch & Tone 9:15 - 10:00			
9:30 AM					
10:00 AM					
10:30 AM	Open Gym 10:15 - 4:00			Public Open Swim / Lane Swim (2) 10:00 - 12:00	Public Open Swim 11:00 - 12:00
11:00 AM			Pilates 11:15 - 12:00		
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		GentleFit 1:00 - 1:45		Member Lane Swim 1:00 - 3:45	
1:30 PM					
2:00 PM		GERAS Dance 2:00 - 3:00			
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Sports Adventure (3-5 yrs) 4:30 - 5:15			Swim Lessons 4:00 - 7:00	
5:00 PM	Sports Adventure (6-12 yrs) 5:30 - 6:30	Yoga 5:45 - 6:45	Youth Leadership Development (10 - 15 yrs) 5:30 - 7:30		
5:30 PM					
6:00 PM					
6:30 PM				Adult Swim Lessons 7:00 - 7:30	Public Open Swim 7:00 - 9:00
7:00 PM	Youth Leadership (10-15 yrs) 6:45 - 7:30			Public Open Swim 7:30 - 9:00	
7:30 PM					
8:00 PM					
8:30 PM	Member Basketball 7:45 - 9:45				
9:00 PM					
9:30 PM					
10:00 PM					

SATURDAY					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM	HITT 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	Soccer: Level 2 (6-12 yrs) 10:30 - 11:30	Yoga 10:45 - 11:45	YMCA Architeers (3-5 yrs) 10:30 - 11:15		
11:00 AM					
11:30 AM	Basketball: Level 2 (6-12 yrs) 11:45-12:45		Art Venture (6-12 yrs) 11:30 - 12:30		
12:00 PM					
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	Birthday Party 1:45 - 3:45				
2:00 PM					
2:30 PM					
3:00 PM				Public Open Swim / Lane Swim (2) 2:30 - 5:00	Public Open Swim 2:30 - 5:00
3:30 PM					
4:00 PM					
4:30 PM	Open Gym 4:00 - 5:45				
5:00 PM					
5:30 PM					
6:00 PM					



# Les Chater Family YMCA - Schedule at a Glance

## November 5 - December 23, 2023

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 Intermediate (6-12 yrs) 11:15 - 12:00	Yoga 10:45 - 11:45				
11:30 AM						
12:00 PM	Karate Beginner (6-12 yrs) 12:15 - 1:00					
12:30 PM						
1:00 PM	Karate Beginner (6-12 yrs) 1:15 - 2:00			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		Karate Advanced (6-12 yrs) 2:15 - 3:00		Aquatic Leadership Courses 2:00 - 6:00	Aquatic Leadership Courses 2:00 - 6:00	
2:30 PM	Open Gym 2:15 - 4:00					
3:00 PM						
3:30 PM						
4:00 PM			Aquatic Leadership Courses 2:00 - 6:00			Aquatic Leadership Courses 2:00 - 6:00
4:30 PM						
5:00 PM	Badminton 4:15 - 5:45					
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

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 – 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.