



Les Chater Family YMCA - Schedule at a Glance

January 8 - March 10, 2024

| 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 | | | | | | |
| 9:00 AM | HIIT 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 | | | | |
| 10:30 AM | Open Gym 10:45 - 4:15 | | | | | |
| 11:00 AM | | | | 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 | | | | | | |
| 1:00 PM | | GentleFit 1:00 - 1:45 | | Member Lane Swim 1:00 - 3:45 | | |
| 1:30 PM | | GERAS Dance 2:00 - 3:00 | | | | |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | | | |
| 3:00 PM | | | | | | |
| 3:30 PM | | Optimal Fitness 3:15 - 4:15 | | | | |
| 4:00 PM | | | | | | |
| 4:30 PM | Basketball: Level 1 (3 - 5 yrs) 4:45 - 5:30 | | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | Basketball: Level 1 (6 - 12 yrs) 5:45 - 6:45 | CycleFit 5:45 - 6:30 | | | | |
| 6:00 PM | | Zumba 6:45 - 7:30 | | | | |
| 6:30 PM | | | | | | |
| 7:00 PM | | | | Adult Swim Lessons 6:55 - 7:25 | | |
| 7:30 PM | | | | | | |
| 8:00 PM | Badminton 7:00 - 9:45 | | | | Public Open Swim 7:00 - 9:00 | |
| 8:30 PM | | | | Public Open Swim / Lane Swim (2) 7:30 - 9:00 | | |
| 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 | | | | | |
| 6:30 AM | | | HIIT 6:30 - 7:00 | | | |
| 7:00 AM | | | | | | |
| 7:30 AM | | | | | Public Lane Swim 6:00 - 8:45 | |
| 8:00 AM | | | Healthy Hearts 8:00 - 9:20 | | AquaFit 9:00 - 9:45 | |
| 8:30 AM | | | | Hydrotherapy 10:00 - 10:45 | | |
| 9:00 AM | | CycleFit 9:30 - 10:15 | | | | |
| 9:30 AM | | Zumba Gold 11:00 - 11:45 | | Member Open Swim / Lane Swim (2) 11:00 - 12:00 | Member Open Swim 11:00 - 12:00 | |
| 10:00 AM | | | Queenax 10:30 - 11:15 (Fitness Centre) | | | |
| 10:30 AM | | Healthy Hearts 10:40 - 12:00 | | | | |
| 11:00 AM | Pickleball 11:00 - 1:30 | | | | | |
| 11:30 AM | | | | | | |
| 12:00 PM | | | | | | |
| 12:30 PM | | | | | | |
| 1:00 PM | | | | | | |
| 1:30 PM | | Optimal Fitness 1:30 - 2:30 | | Public Lane Swim 1:00 - 3:45 | | |
| 2:00 PM | | | | | | |
| 2:30 PM | Open Gym 1:45 - 4:15 | Fit for Function 3:00 - 4:00 | | | | |
| 3:00 PM | | | | | | |
| 3:30 PM | | | | | | |
| 4:00 PM | | | | | | |
| 4:30 PM | Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30 | | | | | |
| 5:00 PM | | Yoga 5:00 - 6:00 | | | | |
| 5:30 PM | Soccer: Level 1 (6 - 12 yrs) 5:45 - 6:45 | | | | | |
| 6:00 PM | | | | | | |
| 6:30 PM | | Cycle & Strength 6:15 - 7:15 | | | | |
| 7:00 PM | | | | | | |
| 7:30 PM | | Back to Living Well 7:30 - 8:15 | | AquaFit 7:00 - 7:45 | | |
| 8:00 PM | Member Basketball 7:00 - 9:45 | | | Member Open Swim / Lane Swim (2) 8:00 - 9:00 | Member Open Swim 7:00 - 9:00 | |
| 8:30 PM | | | | | | |
| 9:00 PM | | | | | | |
| 9:30 PM | | | | | | |
| 10:00 PM | | | | | | |

- 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

January 8 - March 10, 2024

| 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 | Balance+ 11:15 - 12:15 | Pilates 11:15 - 12:00 | | Hydrotherapy 10:00 - 10:45 | | |
| 11:30 AM | | | | | | |
| 12:00 PM | | | | | | |
| 12:30 PM | | | | | | |
| 1:00 PM | WalkFit 1:00 - 1:45 | | | Member Lane Swim 1:00 - 3:45 | | |
| 1:30 PM | | | | | | |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | | | |
| 3:00 PM | | | | | | |
| 3:30 PM | Open Gym 2:00 - 4:15 | Optimal Fitness 3:15 - 4:15 | | Swim Lessons 4:00 - 7:00 | | |
| 4:00 PM | | | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | Basketball: Level 2 (6 - 9 yrs) 4:45 - 5:45 | BodyFit 5:15 - 6:00 | ArtSpark (3 - 5 yrs) 5:00 - 5:45 | | | |
| 5:30 PM | | | | | | |
| 6:00 PM | Soccer: Level 2 (6 - 9 yrs) 6:00 - 7:00 | Zumba 6:10 - 6:55 | ArtVenture (6 - 12 yrs) 6:00 - 7:00 | | | |
| 6:30 PM | | | | | | |
| 7:00 PM | | | | | | |
| 7:30 PM | Pickleball 7:15 - 9:45 | Yoga 7:15 - 8:15 | | | AquaFit 7:00 - 7:45 | Public Open Swim 7:00 - 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 | 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 | Pickleball 11:00 - 1:30 | CycleFit 9:30 - 10:15 | | Queenax 8:45 - 9:30 (Fitness Centre) | | 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 10:40 - 12:00 | | Hydrotherapy 10:00 - 10:45 | Member Open Swim 11:00 - 12:00 | |
| 11:30 AM | | | | | | |
| 12:00 PM | | | | | | |
| 12:30 PM | | | | | | |
| 1:00 PM | Open Gym 1:45 - 4:15 | Chair Yoga 11:15 - 12:00 | | Member Open Swim / Lane Swim (2) 11:00 - 12:00 | | |
| 1:30 PM | | | | | | |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | | | |
| 3:00 PM | | | | | | |
| 3:30 PM | Fit for Function 3:00 - 4:00 | Optimal Fitness 1:30 - 2:30 | | Public Lane Swim 1:00 - 2:30 | | |
| 4:00 PM | | | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | Volleyball: Level 1 (6 - 9 yrs) 4:45 - 5:45 | | Dance (3 - 5 yrs) 4:45 - 5:30 | Swim Lessons 4:00 - 7:00 | | |
| 5:30 PM | | | | | | |
| 6:00 PM | Volleyball: Level 2 (9 - 12 yrs) 6:00 - 7:00 | CycleFit 5:45 - 6:30 | Dance (6 - 12 yrs) 5:45 - 6:30 | | | |
| 6:30 PM | | | | | | |
| 7:00 PM | | | | | | |
| 7:30 PM | Member Basketball 7:15 - 9:45 | Back to Living Well 7:00 - 8:00 | | AquaFit 7:00 - 7:45 | Member Open Swim 7:00 - 9:00 | |
| 8:00 PM | | | | | | |
| 8:30 PM | | | | | | |
| 9:00 PM | | | | | | |
| 9:30 PM | | | | | | |
| 10:00 PM | | | | | | |

- 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

January 8 - March 10, 2024

| 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 | BodyFit 9:15 - 10:00 | | | | |
| 9:30 AM | | | | | | |
| 10:00 AM | | | | | | |
| 10:30 AM | | | | Public Open Swim / Lane Swim (2) 10:00 - 12:00 | Public Open Swim 10:00 - 12:00 | |
| 11:00 AM | Balance+ 11:15 - 12:15 | Pilates 11:15 - 12:00 | | | | |
| 11:30 AM | | | | | | |
| 12:00 PM | | | | | | |
| 12:30 PM | | | | | | |
| 1:00 PM | Open Gym 12:30 - 4:15 | GentleFit 1:00 - 1:45 | | Member Lane Swim 1:00 - 3:45 | | |
| 1:30 PM | | GERAS Dance 2:00 - 3:00 | | | | |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | | | |
| 3:00 PM | | | | | | |
| 3:30 PM | | | | | | |
| 4:00 PM | | | | | | |
| 4:30 PM | Basketball: Level 3 (10 - 12 yrs) 4:30 - 5:30 | | | Swim Lessons 4:00 - 7:00 | | |
| 5:00 PM | Soccer: Level 3 (10 - 12 yrs) 5:45 - 6:45 | Yoga 5:45 - 6:45 | Youth Leadership Development (10 - 16 yrs) 5:30 - 7:30 | | | |
| 5:30 PM | Youth Leadership (10 - 16 yrs) 6:45 - 7:30 | | | | | |
| 6:00 PM | | | | Adult Swim Lessons 6:55 - 7:25 | Public Open Swim 7:00 - 9:00 | |
| 6:30 PM | | | | Public Open Swim 7:30 - 9:00 | | |
| 7:00 PM | | | | | | |
| 7:30 PM | | | | | | |
| 8:00 PM | Member Basketball 7:45 - 9:45 | | | | | |
| 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 | | CycleFit 9:15 - 10:00 | | Swim Lessons 9:00 - 12:30 | | |
| 9:30 AM | Basketball: Level 2 (6 - 12 yrs) 9:30 - 10:30 | | | | | |
| 10:00 AM | Sports Adventure (3 - 5 yrs) 10:45 - 11:30 | Yoga 10:45 - 11:45 | YMCA Architeers (6 - 12 yrs) 10:30 - 11:30 | | | |
| 11:00 AM | Soccer: Level 1 (6 - 12 yrs) 11:45 - 12:45 | | YMCA Architeers (3 - 5 yrs) 11:45 - 12:30 | | | |
| 11:30 AM | | | | | | |
| 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 - 3:00 | | Birthday Party 1:00 - 4:00 | | | |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | Public Open Swim / Lane Swim (2) 2:30 - 5:00 | Public Open Swim 2:30 - 5:00 | |
| 3:00 PM | Open Gym 3:15 - 5:45 | | | | | |
| 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



Les Chater Family YMCA - Schedule at a Glance

January 8 - March 10, 2024

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