



Shine On

# Les Chater Family YMCA - Schedule at a Glance

Pool Schedule: April 1 - 7, 2024

MONDAY, APRIL 1		
	LAP POOL	LEISURE POOL
6:00 AM	Member Lane Swim 6:00 - 6:45	
6:30 AM		
7:00 AM	AquaFit 7:00 - 7:45	
7:30 AM		
8:00 AM	Member Open Swim 8:00 - 8:55	
8:30 AM		
9:00 AM	AquaFit 9:00 - 9:45	
9:30 AM		
10:00 AM	HydroTherapy 10:00 - 10:45	
10:30 AM		
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	Member Lane Swim 1:00 - 3:45	
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM	Member Open Swim / Lane Swim (2 lanes) 4:00 - 7:00	Member Open Swim 4:00 - 7:00
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM		
6:30 PM		
7:00 PM	Public Open Swim / Lane Swim (2) 7:00 - 9:00	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		

TUESDAY, APRIL 2		
	LAP POOL	LEISURE POOL
6:00 AM	Public Lane Swim 6:00 - 8:45	
6:30 AM		
7:00 AM		
7:30 AM		
8:00 AM	AquaFit 9:00 - 9:45	
8:30 AM		
9:00 AM		
9:30 AM		
10:00 AM	HydroTherapy 10:00 - 10:45	
10:30 AM		
11:00 AM	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	Public Lane Swim 1:00 - 3:45	
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM	Member Open Swim / Lane Swim (2 lanes) 4:00 - 6:45	Member Open Swim 4:00 - 9:00
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM		
6:30 PM		
7:00 PM	AquaFit 7:00 - 7:45	
7:30 PM		
8:00 PM	Member Open Swim / Lane Swim (2) 8:00 - 9:00	
8:30 PM		
9:00 PM		
9:30 PM		
10:00 PM		



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WEDNESDAY, APRIL 3		
	LAP POOL	LEISURE POOL
6:00 AM	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	AquaFit 9:00 - 9:45	
9:30 AM		
10:00 AM	HydroTherapy 10:00 - 10:45	
10:30 AM		
11:00 AM	Public Open Swim / Lane Swim (2) 11:00 - 12:00	
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM	Member Lane Swim 1:00 - 3:45	
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM	Pool Closed - Staff Training 4:00 - 7:00	
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM		
6:30 PM		
7:00 PM	AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 9:00
7:30 PM		
8:00 PM	Public Open Swim / Lane Swim (2 lanes) 8:00 - 9:00	
8:30 PM		
9:00 PM		
9:30 PM		
10:00 PM		

THURSDAY, APRIL 4		
	LAP POOL	LEISURE POOL
6:00 AM	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	AquaFit 9:00 - 9:45	
9:30 AM		
10:00 AM	HydroTherapy 10:00 - 10:45	
10:30 AM		
11:00 AM	Member Open Swim / Lane Swim (2) 11:00 - 12:00	
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM	Public Lane Swim 1:00 - 2:30	
1:30 PM		
2:00 PM	Public Open Swim / Lane Swim (2 lanes) 2:30 - 3:45	
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM	Member Open Swim / Lane Swim (2 lanes) 4:00 - 6:45	Member Open Swim 4:00 - 9:00
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM		
6:30 PM		
7:00 PM	AquaFit 7:00 - 7:45	
7:30 PM		
8:00 PM	Member Open Swim / Lane Swim (2) 8:00 - 9:00	
8:30 PM		
9:00 PM		
9:30 PM		
10:00 PM		



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Shine On

FRIDAY, APRIL 5			
	LAP POOL	LEISURE POOL	
6:00 AM	Member Lane Swim 6:00 - 6:45		
6:30 AM			
7:00 AM	AquaFit 7:00 - 7:45		
7:30 AM			
8:00 AM	Member Open Swim 8:00 - 8:55		
8:30 AM			
9:00 AM	AquaFit 9:00 - 9:45		
9:30 AM			
10:00 AM	Public Open Swim / Lane Swim (2 lanes) 10:00 - 12:00		Public Open Swim 10:00 - 12:00
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM	Member Lane Swim 1:00 - 3:45		
12:30 PM			
1:00 PM			
1:30 PM			
2:00 PM			
2:30 PM			
3:00 PM			
3:30 PM			
4:00 PM			Pool Closed - Staff Training 4:00 - 7:00
4:30 PM			
5:00 PM			
5:30 PM			
6:00 PM			
6:30 PM			
7:00 PM			
7:30 PM	Public Open Swim / Lane Swim (2 lanes) 7:00 - 9:00	Public Open Swim 7:00 - 9:00	
8:00 PM			
8:30 PM			
9:00 PM			
9:30 PM			
10:00 PM			

SATURDAY, APRIL 6			
	LAP POOL	LEISURE POOL	
8:00 AM	Member Lane Swim 8:00 - 8:45		
8:30 AM			
9:00 AM	Member Open Swim / Lane Swim (2 lanes) 9:00 - 12:30		Member Open Swim 9:00 - 12:30
9:30 AM			
10:00 AM			
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM	Member Open Swim / Lane Swim (2 lanes) 1:00 - 2:30		Member Open Swim 1:00 - 2:30
12:30 PM			
1:00 PM			
1:30 PM			
2:00 PM	Public Open Swim / Lane Swim (2 lanes) 2:30 - 5:00	Public Open Swim 2:30 - 5:00	
2:30 PM			
3:00 PM			
3:30 PM			
4:00 PM			
4:30 PM			
5:00 PM			
5:30 PM			
6:00 PM			



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SUNDAY, APRIL 7		
	LAP POOL	LEISURE POOL
8:00 AM	Member Lane Swim 8:00 - 8:45	
8:30 AM		
9:00 AM	Pool Closed - Staff Training 9:00 - 12:30	
9:30 AM		
10:00 AM		
10:30 AM		
11:00 AM		
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM	Member Open Swim / Lane Swim (2 lanes) 1:00 - 2:00	Member Open Swim 1:00 - 2:00
1:30 PM		
2:00 PM		
2:30 PM	Aquatic Leadership Courses 2:00 - 6:00	
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM		

## 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.