

Les Chater Family YMCA - Schedule at a Glance

July 1 - September 8, 2024

MONDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00 - 9:00			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	HIIT 9:15 - 10:00	BodyFit 9:15 - 10:00		AquaFit 9:00 - 9:45		
9:30 AM				HydroTherapy 10:00 - 10:45		
10:00 AM	Open Gym 10:30 - 4:15	TRX 10:15 - 11:00				
10:30 AM						
11:00 AM		Pilates 11:15 - 12:00	Explorers (3 - 5 yrs) 11:15 - 12:00	Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00	
11:30 AM				Aquatic Leadership Course 12:00 - 1:00		
12:00 PM		Chair Yoga 12:15 - 1:00				
12:30 PM						
1:00 PM		GentleFit 1:15 - 2:00		Aquatic Leadership Course 1:00 - 2:30		
1:30 PM				Member Lane Swim (2) 1:00 - 2:30		
2:00 PM						
2:30 PM						
3:00 PM				Member Open Swim / Lane Swim (2) 2:30 - 3:45	Member Open Swim 2:30 - 3:45	
3:30 PM			Optimal Fitness 3:15 - 4:15		Swim Lessons 4:00 - 7:00	
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	Cycle & Strength 5:30 - 6:30	Architeers (6 - 12 yrs) 4:45 - 5:45			
6:00 PM			Architeers (3 - 5 yrs) 6:00 - 6:45			
6:30 PM		Zumba 6:45 - 7:30				
7:00 PM	Badminton 7:00 - 9:45			Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 9:00	
7:30 PM						
8:00 PM		ViPR PRO 7:45 - 8:30		Public Open Swim / Lane Swim (2) 7:30 - 9:00		
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		Healthy Hearts 8:00 - 9:20			
8:30 AM				AquaFit 9:00 - 9:45	
9:00 AM		CycleFit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45	
9:30 AM					
10:00 AM					
10:30 AM		Zumba Gold 11:00 - 11:45	Queenax 10:30 - 11:15 (Fitness Centre)	Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
11:00 AM	Pickleball 11:00 - 1:30	Healthy Hearts 10:40 - 12:00		Aquatic Leadership Course 12:00 - 1:00	
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM				Aquatic Leadership Course 1:00 - 2:30	
1:30 PM	Open Gym 1:45 - 3:00	Optimal Fitness 1:30 - 2:30		Public Lane Swim (2) 1:00 - 2:30	
2:00 PM					
2:30 PM					
3:00 PM	Sports - Skills & Drills (6 - 12 yrs) 3:30 - 4:30	Fit for Function 3:00 - 4:00		Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45
3:30 PM		Back to Living Well 4:00 - 5:00		Swim Lessons 4:00 - 7:00	
4:00 PM					
4:30 PM	Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30	Yoga 5:00 - 6:00			
5:00 PM					
5:30 PM	Soccer: Level 1 (6 - 12 yrs) 5:45 - 6:45				
6:00 PM					
6:30 PM		CycleFit 6:15 - 7:00		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
7:00 PM	Member Basketball 7:00 - 9:45			Member Open Swim / Lane Swim (2) 8:00 - 9:00	
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

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July 1 - September 8, 2024

WEDNESDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00 - 9:00			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	Build It - (6 - 12 yrs) 11:30 - 12:30	AquaFit 9:00 - 9:45	Public Open Swim 11:00 - 12:00	
9:30 AM				Hydrotherapy 10:00 - 10:45		
10:00 AM				Public Open Swim / Lane Swim (2) 11:00 - 12:00		
10:30 AM	Sports Adventure (6 - 12 yrs) 10:15 - 11:15	Pilates 11:15 - 12:00		Aquatic Leadership Course 12:00 - 1:00		
11:00 AM						
11:30 AM	Open Gym 11:30 - 12:45					
12:00 PM						
12:30 PM						
1:00 PM	WalkFit 1:00 - 1:45			Aquatic Leadership Course 1:00 - 2:30		
1:30 PM						
2:00 PM	Open Gym 2:00 - 3:00	Optimal Fitness 2:00 - 3:00		Member Lane Swim (2) 1:00 - 2:30		
2:30 PM						
3:00 PM	Sports - Skills & Drills (6 - 12 yrs) 3:30 - 4:30	Optimal Fitness 3:15 - 4:15		Member Open Swim / Lane Swim (2) 2:30 - 3:45	Member Open Swim 2:30 - 3:45	
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					
5:00 PM						
5:30 PM		ViPR Pro 5:15 - 6:00				
6:00 PM	Soccer: Level 2 (6 - 12 yrs) 6:00 - 7:00					
6:30 PM		Zumba 6:10 - 6:55				
7:00 PM	Pickleball 7:15 - 9:45			AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 9:00	
7:30 PM		Yoga 7:15 - 8:15		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							
8:00 AM						Queenax 8:45 - 9:30 (Fitness Centre)	
8:30 AM				Healthy Hearts 8:00 - 9:20			AquaFit 9:00 - 9:45
9:00 AM							Hydrotherapy 10:00 - 10:45
9:30 AM						CycleFit 9:30 - 10:15	
10:00 AM							
10:30 AM		Healthy Hearts 10:40 - 12:00		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			Aquatic Leadership Course 12:00 - 1:00			
11:30 AM							
12:00 PM			Chair Yoga 11:15 - 12:00				
12:30 PM							
1:00 PM				Aquatic Leadership Course 1:00 - 2:30			
1:30 PM	Open Gym 1:45 - 3:00	Optimal Fitness 1:30 - 2:30		Public Lane Swim (2) 1:00 - 2:30			
2:00 PM							
2:30 PM							
3:00 PM	Sports - Skills & Drills (6 - 12 yrs) 3:30 - 4:30	Fit for Function 3:00 - 4:00	Back to Living Well (Education Session) 4:15 - 4:45	Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45		
3:30 PM							
4:00 PM				Swim Lessons 4:00 - 7:00			
4:30 PM	Basketball: Level 3 (6 - 12 yrs) 4:45 - 5:45	Back to Living Well 4:45 - 5:30					
5:00 PM							
5:30 PM							
6:00 PM	Soccer: Level 3 (6 - 12 yrs) 6:00 - 7:00	CycleFit 5:45 - 6:30					
6:30 PM							
7:00 PM	Member Basketball 7:15 - 9:45			AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00		
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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July 1 - September 8, 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	Strength & Conditioning 9:15 - 10:00	BodyFit 9:15 - 10:00			
9:00 AM					
9:30 AM					
10:00 AM	Open Gym 10:15 - 12:45			Public Open Swim / Lane Swim (2) 10:00 - 12:00	Public Open Swim 10:00 - 12:00
10:30 AM					
11:00 AM					
11:30 AM		Pilates 11:15 - 12:00			
12:00 PM					
12:30 PM				Aquatic Leadership Course 12:00 - 1:00	
1:00 PM	Pickleball 1:00 - 3:00	GentleFit 1:00 - 1:45		Aquatic Leadership Course 1:00 - 2:30	
1:30 PM					
2:00 PM					
2:30 PM		Optimal Fitness 2:00 - 3:00		Member Lane Swim (2) 1:00 - 2:30	
3:00 PM	Open Gym 3:15 - 5:45			Member Open Swim / Lane Swim (2) 2:30 - 3:45	Member Open Swim 2:30 - 3:45
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM		Yoga 5:45 - 6:45		Swim Lessons 4:00 - 7:00	
6:00 PM	Member Basketball 6:00 - 9:45				
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						
	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		ArtVenture (6 - 12 yrs) 10:30 - 11:30	Swim Lessons 9:00 - 12:30	
9:30 AM	Basketball: Level 1 (6 - 12 yrs) 9:30 - 10:30					
10:00 AM						
10:30 AM	Sports Adventure (3 - 5 yrs) 10:45 - 11:30	Yoga 10:45 - 11:45				
11:00 AM			Art Spark (3 - 5 yrs) 11:45 - 12:30			
11:30 AM	Soccer: Level 1 (6 - 12 yrs) 11:45 - 12:45					
12:00 PM						
12:30 PM						
1:00 PM			Birthday Party 1:00 - 4:00	Member Open Swim / Lane Swim (2) 1:00 - 2:30	Member Open Swim 1:00 - 2:30	
1:30 PM	Birthday Party 1:30 - 3:00					
2:00 PM						
2:30 PM						
3:00 PM	Open Gym 3:15 - 5:45				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						
5:00 PM						
5:30 PM						
6:00 PM						

Les Chater Family YMCA - Schedule at a Glance

July 1 - September 8, 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 Beginner (6 - 12 yrs) 10:15 - 11:00				
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 Inter./Adv. (6 - 12 yrs) 12:15 - 1:00				
12:30 PM					
1:00 PM	Open Gym 1:15 - 3:45		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 4:00 - 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 - 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.