

Les Chater Family YMCA - Schedule at a Glance

September 9 - December 22, 2024

| MONDAY   |                          |   |  |   |                                   |                                 |
|----------|--------------------------|---|--|---|-----------------------------------|---------------------------------|
|          | GYMNASIUM                | STUDIO  | COMMUNITY ROOM                         | LAP POOL  | LEISURE POOL                      |                                 |
| 6:00 AM  | Open Gym<br>6:00 - 9:00  |   |  | Member Lane Swim<br>6:00 - 6:45                   |                                   |                                 |
| 6:30 AM  |                          |   |  | AquaFit<br>7:00 - 7:45                            |                                   |                                 |
| 7:00 AM  |                          |   |  | Member Open Swim<br>8:00 - 8:55                   |                                   |                                 |
| 7:30 AM  |                          |   |  | AquaFit<br>9:00 - 9:45                            |                                   |                                 |
| 8:00 AM  |                          |   |  | HydroTherapy<br>10:00 - 10:45                     |                                   |                                 |
| 8:30 AM  |                          |   |  |   |                                   |                                 |
| 9:00 AM  | HIIT<br>9:15 - 10:00     | BodyFit<br>9:15 - 10:00                         |  |   |                                   |                                 |
| 9:30 AM  |                          | TRX<br>10:15 - 11:00                            |  |   |                                   |                                 |
| 10:00 AM | Open Gym<br>10:45 - 4:15 | Pilates<br>11:15 - 12:00                        |  | Public Open Swim / Lane Swim (2)<br>11:00 - 12:00 | Public Open Swim<br>11:00 - 12:00 |                                 |
| 10:30 AM |                          | Chair Yoga<br>12:15 - 1:00                      |  |   |                                   |                                 |
| 11:00 AM |                          | GentleFit<br>1:15 - 2:00                        | Member Lane Swim<br>1:00 - 3:45        |   |                                   |                                 |
| 11:30 AM |                          | GERAS Dance<br>2:15 - 3:00                      |  |   |                                   |                                 |
| 12:00 PM |                          |   |  |   |                                   |                                 |
| 12:30 PM |                          | Optimal Fitness (Group A)<br>3:15 - 4:15        |  |   | Swim Lessons<br>4:00 - 7:00       |                                 |
| 1:00 PM  |                          |   |  |   |                                   |                                 |
| 1:30 PM  |                          | Basketball: Level 1 (3 - 5 yrs)<br>4:45 - 5:30  | S.T.E.A.M. (6 - 12 yrs)<br>4:45 - 5:45 |   |                                   |                                 |
| 2:00 PM  |                          |   |  |   |                                   |                                 |
| 2:30 PM  |                          |   | S.T.E.A.M. (3 - 5 yrs)<br>6:00 - 6:45  |   |                                   |                                 |
| 3:00 PM  |                          |   |  |   |                                   |                                 |
| 3:30 PM  |                          | Basketball: Level 1 (6 - 12 yrs)<br>5:45 - 6:45 | Cycle & Strength<br>5:30 - 6:30        |   |                                   |                                 |
| 4:00 PM  |                          |   |  |   | Zumba<br>6:45 - 7:30              |                                 |
| 4:30 PM  |                          | Badminton<br>7:00 - 9:45                        | ViPR PRO<br>7:45 - 8:30                |   | Adult Swim Lessons<br>6:55 - 7:25 | Public Open Swim<br>7:00 - 9:00 |
| 5:00 PM  |                          |   |  |   |                                   |                                 |
| 5:30 PM  |                          |   |  |   |                                   |                                 |
| 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<br>6:00 - 10:45                  |   |   | Public Lane Swim<br>6:00 - 8:45   |   |
| 6:30 AM  |   | HIIT<br>6:30 - 7:00                             |   |                                   |   |
| 7:00 AM  |   |   |   |                                   |   |
| 7:30 AM  |   |   |   |                                   |   |
| 8:00 AM  |   | Healthy Hearts<br>8:00 - 9:20                   |   |                                   |   |
| 8:30 AM  |   |   |   |                                   |   |
| 9:00 AM  |   |   |   |                                   |   |
| 9:30 AM  |   | CycleFit<br>9:30 - 10:15                        |   | AquaFit<br>9:00 - 9:45            |   |
| 10:00 AM |   | Zumba Gold<br>11:00 - 11:45                     |   | Hydrotherapy<br>10:00 - 10:45     |   |
| 10:30 AM |   |   |   |                                   |   |
| 11:00 AM | Pickleball<br>11:00 - 1:30                | Queenax<br>10:30 - 11:15<br>(Fitness Centre)    | Member Open Swim / Lane Swim (2)<br>11:00 - 12:00 | Member Open Swim<br>11:00 - 12:00 |   |
| 11:30 AM |   |   |   |                                   |   |
| 12:00 PM |   |   |   |                                   |   |
| 12:30 PM |   |   |   |                                   |   |
| 1:00 PM  |   |   |   |                                   |   |
| 1:30 PM  | Optimal Fitness (Group B)<br>12:15 - 1:15 |   | Public Lane Swim<br>1:00 - 3:45                   |                                   |   |
| 2:00 PM  |   |   |   |                                   |   |
| 2:30 PM  | Optimal Fitness (Group C)<br>1:30 - 2:30  |   |   |                                   |   |
| 3:00 PM  |   |   |   |                                   |   |
| 3:30 PM  |   |   |   |                                   |   |
| 4:00 PM  | Fit for Function<br>3:00 - 4:00           |   | Swim Lessons<br>4:00 - 7:00                       |                                   |   |
| 4:30 PM  |   |   |   |                                   | Soccer: Level 1 (3 - 5 yrs)<br>4:45 - 5:30  |
| 5:00 PM  | Back to Living Well<br>4:00 - 5:00        |   |   |                                   |   |
| 5:30 PM  |   |   |   |                                   | Soccer: Level 1 (6 - 12 yrs)<br>5:45 - 6:45 |
| 6:00 PM  | Yoga<br>5:00 - 6:00                       |   |   |                                   |   |
| 6:30 PM  |   |   |   |                                   |   |
| 7:00 PM  | CycleFit<br>6:15 - 7:00                   | AquaFit<br>7:00 - 7:45                          |   | Member Open Swim<br>7:00 - 9:00   |   |
| 7:30 PM  |   |   |   |                                   |   |
| 8:00 PM  | Member Basketball<br>7:00 - 9:45          | Member Open Swim / Lane Swim (2)<br>8:00 - 9:00 |   |                                   |   |
| 8:30 PM  |   |   |   |                                   |   |
| 9:00 PM  |   |   |   |                                   |   |
| 9:30 PM  |   |   |   |                                   |   |
| 10:00 PM |   |   |   |                                   |   |

Les Chater Family YMCA - Schedule at a Glance

September 9 - December 22, 2024

| WEDNESDAY |   |  |   |                                   |                                 |
|-----------|---|--|---|-----------------------------------|---------------------------------|
|           | GYMNASIUM                                       | STUDIO                                   | COMMUNITY ROOM                                    | LAP POOL                          | LEISURE POOL                    |
| 6:00 AM   | Open Gym<br>6:00 - 9:00                         | CycleFit<br>6:15 - 7:00                  |   | Member Lane Swim<br>6:00 - 8:45   |                                 |
| 6:30 AM   |   |  |   |                                   |                                 |
| 7:00 AM   |   |  |   |                                   |                                 |
| 7:30 AM   |   |  |   |                                   |                                 |
| 8:00 AM   |   |  |   |                                   |                                 |
| 8:30 AM   |   |  |   |                                   |                                 |
| 9:00 AM   | MuscleFit<br>9:15 - 10:00                       | Low Impact<br>9:15 - 10:00               |   | AquaFit<br>9:00 - 9:45            |                                 |
| 9:30 AM   |   |  |   |                                   |                                 |
| 10:00 AM  |   |  |   |                                   |                                 |
| 10:30 AM  |   |  |   |                                   |                                 |
| 11:00 AM  | Balance+<br>11:15 - 12:15                       | Pilates<br>11:15 - 12:00                 | Public Open Swim / Lane Swim (2)<br>11:00 - 12:00 | Public Open Swim<br>11:00 - 12:00 |                                 |
| 11:30 AM  |   |  |   |                                   |                                 |
| 12:00 PM  |   |  |   |                                   |                                 |
| 12:30 PM  |   |  |   |                                   |                                 |
| 1:00 PM   | WalkFit<br>1:00 - 1:45                          | Optimal Fitness (Group D)<br>2:00 - 3:00 | Member Lane Swim<br>1:00 - 3:45                   |                                   |                                 |
| 1:30 PM   |   |  |   |                                   |                                 |
| 2:00 PM   | Open Gym<br>2:00 - 4:15                         | Optimal Fitness (Group A)<br>3:15 - 4:15 |   |                                   |                                 |
| 2:30 PM   |   |  |   |                                   |                                 |
| 3:00 PM   |   |  |   |                                   |                                 |
| 3:30 PM   |   |  |   |                                   |                                 |
| 4:00 PM   |   |  |   |                                   |                                 |
| 4:30 PM   | Basketball: Level 2 (6 - 12 yrs)<br>4:45 - 5:45 | ViPR Pro<br>5:15 - 6:00                  | ArtSpark (3 - 5 yrs)<br>5:00 - 5:45               |                                   | Swim Lessons<br>4:00 - 7:00     |
| 5:00 PM   |   |  |   |                                   |                                 |
| 5:30 PM   |   |  |   |                                   |                                 |
| 6:00 PM   | Soccer: Level 2 (6 - 12 yrs)<br>6:00 - 7:00     |  | ArtVentures (6 - 12 yrs)<br>6:00 - 7:00           |                                   |                                 |
| 6:30 PM   |   | Zumba<br>6:10 - 6:55                     |   |                                   |                                 |
| 7:00 PM   | Pickleball<br>7:15 - 9:45                       | Yoga<br>7:15 - 8:15                      |   | AquaFit<br>7:00 - 7:45            | Public Open Swim<br>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<br>6:00 - 10:45                          |   |  | Public Lane Swim<br>6:00 - 8:45                   |                                   |                                 |
| 6:30 AM  |   |   |  |   |                                   |                                 |
| 7:00 AM  |   |   |  |   |                                   |                                 |
| 7:30 AM  |   |   |  |   |                                   |                                 |
| 8:00 AM  |   | Healthy Hearts<br>8:00 - 9:20             | Queenax<br>8:45 - 9:30<br>(Fitness Centre)   | AquaFit<br>9:00 - 9:45                            |                                   |                                 |
| 8:30 AM  |   |   |  | Hydrotherapy<br>10:00 - 10:45                     |                                   |                                 |
| 9:00 AM  |   | CycleFit<br>9:30 - 10:15                  |  |   |                                   |                                 |
| 9:30 AM  |   |   |  |   |                                   |                                 |
| 10:00 AM |   |   |  |   |                                   |                                 |
| 10:30 AM |   |   |  |   |                                   |                                 |
| 11:00 AM | Pickleball<br>11:00 - 1:30                        | Healthy Hearts<br>10:40 - 12:00           |  | Member Open Swim / Lane Swim (2)<br>11:00 - 12:00 | Member Open Swim<br>11:00 - 12:00 |                                 |
| 11:30 AM |   |   |  |   |                                   |                                 |
| 12:00 PM |   | Chair Yoga<br>11:15 - 12:00               |  |   |                                   |                                 |
| 12:30 PM |   |   |  |   |                                   |                                 |
| 1:00 PM  |   | Optimal Fitness (Group B)<br>12:15 - 1:15 | Back to Living Well<br>(Education Session)<br>4:15 - 4:45<br><br>Dance (3 - 5 yrs)<br>4:45 - 5:30<br><br>Dance (6 - 12 yrs)<br>5:45 - 6:30 | Public Lane Swim<br>1:00 - 2:30                   |                                   |                                 |
| 1:30 PM  | Open Gym<br>1:45 - 4:15                           | Optimal Fitness (Group C)<br>1:30 - 2:30  |  | Public Open Swim / Lane Swim (2)<br>2:30 - 3:45   |                                   |                                 |
| 2:00 PM  |   |   |  |   |                                   |                                 |
| 2:30 PM  |   |   |  |   |                                   |                                 |
| 3:00 PM  |   |   |  |   |                                   |                                 |
| 3:30 PM  |   | Fit for Function<br>3:00 - 4:00           |  |   |                                   | Swim Lessons<br>4:00 - 7:00     |
| 4:00 PM  |   | Back to Living Well<br>4:45 - 5:30        |  |   |                                   |                                 |
| 4:30 PM  | Volleyball: Level 1 (6 - 12 yrs)<br>4:45 - 5:45   |   |  |   |                                   |                                 |
| 5:00 PM  |   |   |  |   |                                   |                                 |
| 5:30 PM  |   |   |  |   |                                   |                                 |
| 6:00 PM  | Volleyball: Level 2/3 (8 - 12 yrs)<br>6:00 - 7:00 | CycleFit<br>5:45 - 6:30                   |  |   |                                   |                                 |
| 6:30 PM  |   |   |  |   |                                   |                                 |
| 7:00 PM  | Member Basketball<br>7:00 - 9:45                  | CoreExpress<br>6:40 - 7:10                |  |   | AquaFit<br>7:00 - 7:45            | Member Open Swim<br>7:00 - 9:00 |
| 7:30 PM  |   |   |  |   |                                   |                                 |
| 8:00 PM  |   |   | Member Open Swim / Lane Swim (2)<br>8:00 - 9:00  |   |                                   |                                 |
| 8:30 PM  |   |   |  |   |                                   |                                 |
| 9:00 PM  |   |   |  |   |                                   |                                 |
| 9:30 PM  |   |   |  |   |                                   |                                 |
| 10:00 PM |   |   |  |   |                                   |                                 |

Les Chater Family YMCA - Schedule at a Glance

September 9 - December 22, 2024

| FRIDAY   |  |  |  |   |                                 |                                   |
|----------|--|--|--|---|---------------------------------|-----------------------------------|
|          | GYMNASIUM  | STUDIO                                   | COMMUNITY ROOM   | LAP POOL  | LEISURE POOL                    |                                   |
| 6:00 AM  | Open Gym<br>6:00 - 9:00                                      |  |  | Member Lane Swim<br>6:00 - 6:45                   |                                 |                                   |
| 6:30 AM  |  |  |  | AquaFit<br>7:00 - 7:45                            |                                 |                                   |
| 7:00 AM  |  |  |  | Member Open Swim<br>8:00 - 8:55                   |                                 |                                   |
| 7:30 AM  |  |  |  | AquaFit<br>9:00 - 9:45                            |                                 |                                   |
| 8:00 AM  |  |  |  | Public Open Swim / Lane Swim (2)<br>10:00 - 12:00 |                                 | Public Open Swim<br>10:00 - 12:00 |
| 8:30 AM  |  |  |  |   |                                 |                                   |
| 9:00 AM  | Strength & Conditioning<br>9:15 - 10:00                      | BodyFit<br>9:15 - 10:00                  |  |   |                                 |                                   |
| 9:30 AM  |  |  |  |   |                                 |                                   |
| 10:00 AM |  |  |  |   |                                 |                                   |
| 10:30 AM | Balance+<br>11:15 - 12:15                                    | Pilates<br>11:15 - 12:00                 |  |   |                                 |                                   |
| 11:00 AM |  | GERAS Dance<br>12:15 - 1:00              |  |   |                                 |                                   |
| 11:30 AM |  |  |  |   |                                 |                                   |
| 12:00 PM | Open Gym<br>12:30 - 4:00                                     | GentleFit<br>1:15 - 2:00                 | Member Lane Swim<br>1:00 - 3:45                              |   |                                 |                                   |
| 12:30 PM |  | Optimal Fitness (Group D)<br>2:00 - 3:00 |  |   |                                 |                                   |
| 1:00 PM  |  |  |  |   |                                 |                                   |
| 1:30 PM  |  |  |  |   |                                 |                                   |
| 2:00 PM  |  |  |  |   |                                 |                                   |
| 2:30 PM  |  |  |  |   |                                 |                                   |
| 3:00 PM  |  |  |  |   |                                 |                                   |
| 3:30 PM  |  |  |  |   |                                 |                                   |
| 4:00 PM  |  |  | Youth Leadership Development<br>(10 - 16 yrs)<br>5:30 - 7:30 | Swim Lessons<br>4:00 - 7:00                       |                                 |                                   |
| 4:30 PM  | Basketball: Level 3 (6 - 12 yrs)<br>4:30 - 5:30              |  |  |   |                                 |                                   |
| 5:00 PM  | Soccer: Level 3 (6 - 12 yrs)<br>5:45 - 6:45                  | Yoga<br>5:45 - 6:45                      |  | Adult Swim Lessons<br>6:55 - 7:25                 | Public Open Swim<br>7:00 - 9:00 |                                   |
| 5:30 PM  | Youth Leadership Development<br>(10 - 16 yrs)<br>6:45 - 7:30 |  |  |   |                                 |                                   |
| 6:00 PM  | Member Basketball<br>7:45 - 9:45                             |  |  | Public Open Swim<br>7:30 - 9:00                   |                                 |                                   |
| 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<br>8:15 - 9:00                          |                       |   | Member Lane Swim<br>8:00 - 8:45                 |                                 |   |                                 |  |  |
| 8:30 AM  |  |                       |   | Swim Lessons<br>9:00 - 12:30                    |                                 |   |                                 |  |  |
| 9:00 AM  | Open Gym<br>9:15 - 10:15                     |                       |   |   |                                 |   |                                 |  |  |
| 9:30 AM  | CycleFit<br>9:15 - 10:00                     |                       |   |   |                                 |   |                                 |  |  |
| 10:00 AM |  |                       |   |   |                                 |   |                                 |  |  |
| 10:30 AM | Sports Adventure (3 - 5 yrs)<br>10:30- 11:15 | Yoga<br>10:45 - 11:45 | Discovery Lab (6 - 12 yrs)<br>10:30 - 11:30 |   |                                 |   |                                 |  |  |
| 11:00 AM | Dodgeball (8 - 12 yrs)<br>11:30 - 12:30      |                       | Explorers (3 - 5 yrs)<br>11:45 - 12:30      |   |                                 |   |                                 |  |  |
| 11:30 AM |  |                       |   |   |                                 |   |                                 |  |  |
| 12:00 PM |  |                       |   |   |                                 |   |                                 |  |  |
| 12:30 PM |  |                       |   |   |                                 |   |                                 |  |  |
| 1:00 PM  |  |                       |   | Member Open Swim / Lane Swim (2)<br>1:00 - 2:30 | Member Open Swim<br>1:00 - 2:30 |   |                                 |  |  |
| 1:30 PM  | Birthday Party<br>1:30 - 3:00                |                       | Birthday Party<br>1:00 - 4:00               |   |                                 |   |                                 |  |  |
| 2:00 PM  |  |                       |   |   |                                 |   |                                 |  |  |
| 2:30 PM  |  |                       |   |   |                                 |   |                                 |  |  |
| 3:00 PM  |  |                       |   |   |                                 |   |                                 |  |  |
| 3:30 PM  | Open Gym<br>3:15 - 5:45                      |                       |   |   |                                 | Public Open Swim / Lane Swim (2)<br>2:30 - 5:00 | Public Open Swim<br>2:30 - 5:00 |  |  |
| 4:00 PM  |  |                       |   |   |                                 |   |                                 |  |  |
| 4:30 PM  |  |                       |   |   |                                 |   |                                 |  |  |
| 5:00 PM  |  |                       |   |   |                                 |   |                                 |  |  |
| 5:30 PM  |  |                       |   |   |                                 |   |                                 |  |  |
| 6:00 PM  |  |                       |   |   |                                 |   |                                 |  |  |



Shine On

# Les Chater Family YMCA - Schedule at a Glance

## September 9 - December 22, 2024

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

| SWIM ADMISSION CRITERIA   |
|---|
| <b>Children ages 0 – 6:</b><br>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.  |
| <b>Children ages 7 – 9:</b><br>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.           |
| <b>Youth and adults 10 years and over:</b><br>Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.   |
| <b>What is the Facility Swim Test?</b><br>To enter deep water and/or swim independently, swimmers must: <ul style="list-style-type: none"><li>Show comfort in the water and</li><li>Swim 2 widths of continuous front crawl in shallow water.</li></ul> 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. |