



LES CHATER FAMILY YMCA - Schedule At A Glance

May 1 - June 30, 2022

Monday									
	Gym	Studio	Community Room	Lap Pool	Leisure Pool				
6:00 AM	Open Gym 6:00 - 8:45			Lane Swim 6:00 - 8:45					
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM	Body Fit 9:15 - 10:00			AquaFit 9:00 - 9:45					
9:00 AM									
9:30 AM									
10:00 AM									
10:30 AM				Public Lane / Open Swim 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	Open Gym 12:30 - 4:00	Gentle Fit 1:00 - 1:45 GERAS Dance 2:00 - 3:00		Lane Swim 1:00 - 3:45					
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM	Basketball (3-5 yrs) 4:30 - 5:15		Discovery Lab (6-12 yrs) 4:30 - 5:30	Swim Lessons 4:00 - 7:00					
5:00 PM									
5:30 PM	Basketball (6-12 yrs) 5:45 - 6:45		Discovery Lab (3-5 yrs) 5:45 - 6:30						
6:00 PM									
6:30 PM		CycleFit 5:45 - 6:30							
7:00 PM	Badminton 7:00 - 8:45		Zumba 6:45 - 7:30		Lane Swim / Open Swim 7:00 - 8:45	Open Swim 7:00 - 8:45			
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									

Tuesday							
	Gym	Studio	Community Room	Lap Pool	Leisure Pool		
6:00 AM	Open Gym 6:00 - 11:30			Public Lane Swim 6:00 - 8:45			
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM			Healthy Hearts 8:00 - 9:20				
8:30 AM							
9:00 AM			Cycle Fit 9:30 - 10:15		AquaFit 9:00 - 9:45		
9:30 AM						Hydrotherapy 10:00 - 10:45	
10:00 AM			Healthy Hearts 10:40 - 12:00		Open Swim / Lane Swim 11:00 - 12:00	Open Swim 11:00 - 12:00	
10:30 AM							
11:00 AM	Open Gym 12:30 - 4:00			Lane Swim 1:00 - 3:45			
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Soccer (6-12 yrs) 4:30 - 5:30		Art Spark (3-5 yrs) 4:30 - 5:15	Swim Lessons 4:00 - 7:00			
5:00 PM							
5:30 PM	Soccer (3-5 yrs) 5:45 - 6:30		Art Spark (6-12 yrs) 5:45 - 6:45				
6:00 PM							
6:30 PM		Cycle & Strength 6:15 - 7:15		AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 8:45		
7:00 PM	Basketball 6:45 - 8:45					Public Open Swim / Lane Swim 8:00 - 8:45	
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							

Wednesday								
	Gym	Studio	Community Room	Lap Pool	Leisure Pool			
6:00 AM	Open Gym 6:00 - 8:45	CycleFit 6:15 - 7:00		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			AquaFit 9:00 - 9:45				
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM	Pilates 11:15 - 12:00			Public Lane / Open Swim 10:00 - 12:00	Public Open Swim 11:00 - 12:00			
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Open Gym 2:00 - 4:00	GERAS Dance 2:00 - 3:00		Lane Swim 1:00 - 3:45				
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Basketball (6-12 yrs) 4:30 - 5:30	Yoga 5:00 - 6:00	Discovery Lab (3-5 yrs) 4:30 - 5:15	Swim Lessons 4:00 - 7:00				
5:00 PM								
5:30 PM			Move It (3-5 yrs) 5:45 - 6:30		Zumba 6:15 - 7:00	Discovery Lab (6-12 yrs) 5:45 - 6:45		
6:00 PM								
6:30 PM								
7:00 PM	Pickle Ball 7:00 - 8:45			AquaFit 7:00 - 7:45	Open Swim 7:00 - 8:45			
7:30 PM				Lane Swim / Open Swim 8:00 - 8:45				
8:00 PM								
8:30 PM								
9:00 PM								

Thursday							
	Gym	Studio	Community Room	Lap Pool	Leisure Pool		
6:00 AM	Open Gym 6:00 - 10:30			Lane Swim 6:00 - 8:45			
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM			Healthy Hearts 8:00 - 9:20				
8:30 AM							
9:00 AM			Cycle Fit 9:30 - 10:15		AquaFit 9:00 - 9:45		
9:30 AM						Hydrotherapy 10:00 - 10:45	
10:00 AM			Healthy Hearts 10:40 - 12:00		Open Swim / Lane Swim 11:00 - 12:00	Open Swim 11:00 - 12:00	
10:30 AM		Pickleball 11:00 - 1:00					
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM	Open Gym 1:30 - 4:00			Lane Swim 1:00 - 2:25			
1:00 PM							
1:30 PM							
2:00 PM					Public Lane Swim / Open Swim 2:30 - 3:45		
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Dance (6-12 yrs) 4:30 - 5:15		Build It (3-5 yrs) 4:30 - 5:15	Swim Lessons 4:00 - 7:00			
5:00 PM							
5:30 PM		Dance (3-5 yrs) 5:30 - 6:15	Cycle & Stretch 5:45 - 7:00		Build It (6-12 yrs) 5:45 - 6:45		
6:00 PM							
6:30 PM							
7:00 PM	Basketball 6:45 - 8:45			AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 8:45		
7:30 PM				Public Open Swim / Lane Swim 8:00 - 8:45			
8:00 PM							
8:30 PM							
9:00 PM							



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May 1 - June 30, 2022

Friday					
	Gym	Studio	Community Room	Lap Pool	Leisure Pool
6:00 AM				Lane Swim	
6:30 AM				6:00 - 6:50	
7:00 AM	Open Gym 6:00 - 8:45			AquaFit	
7:30 AM				7:00 - 7:45	
8:00 AM				Open Swim	
8:30 AM			Queenax Circuit (Fitness Floor)		8:00 - 8:55
9:00 AM	BodyFit			AquaFit	
9:30 AM	9:15 - 10:00	8:00-8:45		9:00 - 9:45	
10:00 AM				Public Lane /	
10:30 AM				Open Swim	
11:00 AM	Pilates			10:00 - 12:00	Public Open
11:30 AM	11:15 - 12:00				Swim
12:00 PM					
12:30 PM	Open Gym 12:30 - 4:00			Public Lane	
1:00 PM				Swim	
1:30 PM				1:00 - 8:00	
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Basketball				
	Advanced				
	(10-12 yrs)				
5:00 PM	4:30 - 5:30				
5:30 PM	Basketball	Yoga	YLD	Public Open	Public Open
	Advanced	5:45 - 6:45	5:30 - 7:00	Swim	Swim
	(6-9 yrs)			4:00 - 8:00	4:00 - 8:00
6:00 PM	5:45 - 6:45				
6:30 PM					
7:00 PM	Basketball				
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					

Saturday					
	Gym	Studio	Community Room	Lap Pool	Leisure Pool
8:00 AM	HIIT			Lane Swim	
8:30 AM	8:15 - 9:00			8:00 - 8:45	
9:00 AM	Floor Hockey	CycleFit	Build It (3-5 yrs)	Swim Lessons	9:00 - 12:30
	(6-12 yrs)	9:15 - 10:15	9:15 - 10:00		
9:30 AM	9:15 - 10:15		10:15 - 11:15		
10:00 AM			Build It (6-12 yrs)		
10:30 AM	Soccer (3-5 yrs)	Yoga	10:15 - 11:15		
	10:30 - 11:15	10:45 - 11:45			
11:00 AM	Soccer Advanced		Move It (3-5 yrs)		
	(6-12 yrs)		11:45 - 12:30		
11:30 AM	11:45 - 12:45				
12:00 PM					
12:30 PM					
1:00 PM	Birthday Party			Open Swim /	Open Swim
1:30 PM		1:15 - 3:00		Lane Swim	1:00 - 2:30
2:00 PM					
2:30 PM				Public Open	Public Open
3:00 PM	Open Gym			Swim / Lane	Swim
	3:00 - 3:45			Swim	2:30 - 3:45
3:30 PM					
4:00 PM					

Facility Hours
Mon-Fri: 6:00 am - 9:00 pm
Sat & Sun: 8:00 am - 4:00 pm
Holidays: 8:00 am - 4:00 pm

Registered Programs

Play Centre: Childminding (0-3 years)
Monday-Friday:
9:00-10:15 am & 10:30-11:45 am
Monday
4:00-5:15 pm & 5:30-6:45 pm
10 visit punch card: \$70
Must pre-register for a 75 minute time slot

Sunday					
	Gym	Studio	Community Room	Lap Pool	Leisure Pool
8:00 AM	Open Gym			Lane Swim	
8:30 AM	8:00 - 8:45	CycleFit		8:00 - 8:45	
9:00 AM	Karate (6-12 yrs)	8:30 - 9:15		Swim Lessons	9:00 - 12:30
9:30 AM	9:15 - 10:00	Yoga			
10:00 AM	Karate (6-12 yrs)	9:30 - 10:30			
10:30 AM	10:15 - 11:00				
11:00 AM	Karate Advanced				
	(6-12 yrs)				
11:30 AM	11:15 - 12:00				
12:00 PM	Karate (6-12 yrs)				
12:30 PM	12:15 - 1:00				
1:00 PM	Karate (6-12 yrs)			Family Open Swim	Family Open Swim
	1:15 - 2:00			/ Lane Swim	1:00 - 2:00
1:30 PM					
2:00 PM					
2:30 PM	Basketball			Aquatics	
3:00 PM				Leadership	
3:30 PM				Programs	
4:00 PM				2:00 - 4:00	