



LES CHATER FAMILY YMCA - Schedule At A Glance

July 3 - September 4, 2022

Monday								
	Gym	Studio	Community Room	Lap Pool	Leisure Pool			
6:00 AM								
6:30 AM								
7:00 AM	Open Gym 6:00 - 8:45			Lane Swim 6:00 - 8:45				
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Basketball (6-12 yrs) 9:15-10:15	Body Fit 9:15 - 10:00	Build It (3-5 yrs) 9:15-10:00	AquaFit 9:00 - 9:45				
9:30 AM								
10:00 AM								
10:30 AM	Basketball (3-5 yrs) 10:30-11:15	Pilates 11:15 - 12:00	Build It (6-12 yrs) 10:30-11:30	Public Lane / Open Swim 10:00 - 12:00	Public Open Swim 11:00 - 12:00			
11:00 AM								
11:30 AM								
12:00 PM	Open Gym 11:45 - 4:00	Gentle Fit 1:00 - 1:45	GERAS Dance 2:00 - 3:00	Aquatic Leadership Program 12:00 - 2:30 / Lane Swim 1:00 - 2:30				
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM				Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45			
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	CycleFit 5:45 - 6:30	Discovery Lab (3-5 yrs) 5:45 - 6:30					
6:00 PM								
6:30 PM								
7:00 PM	Badminton 7:00 - 8:45	Zumba 6:45 - 7:30		Lane Swim / Member Open Swim 7:00 - 8:45	Member 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								
6:30 AM				Public Lane Swim 6:00 - 8:45				
7:00 AM	Open Gym 6:00 - 11:30							
7:30 AM								
8:00 AM			Healthy Hearts 8:00 - 9:20					
8:30 AM								
9:00 AM				AquaFit 9:00 - 9:45				
9:30 AM			Cycle Fit 9:30 - 10:15					
10:00 AM				Hydrotherapy 10:00 - 10:45				
10:30 AM								
11:00 AM		Healthy Hearts 10:40 - 12:00		Member Open Swim / Lane Swim 11:00 - 12:00	Member Open Swim 11:00 - 12:00			
11:30 AM								
12:00 PM	Open Gym 12:30 - 4:00			Aquatic Leadership Program 12:00 - 2:30 / Lane Swim 1:00 - 2:30				
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM				Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45			
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	Basketball 6:45 - 8:45		Cycle & Strength 6:15 - 7:15	AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 8:45			
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								

Wednesday								
	Gym	Studio	Community Room	Lap Pool	Leisure Pool			
6:00 AM								
6:30 AM	Open Gym 6:00 - 8:45	CycleFit 6:15 - 7:00		Lane Swim 6:00 - 8:45				
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	MuscleFit 9:15 - 10:00	Move It (3-5 yrs) 9:15-10:00 (Room B)	Art Spark (6-12 yrs) 9:15-10:15	AquaFit 9:00 - 9:45				
9:30 AM								
10:00 AM	Move It (6-12 yrs) 10:30-11:30	Pilates 11:15 - 12:00	Art Spark (3-5 yrs) 10:30-11:15	Public Lane / Open Swim 10:00 - 12:00	Public Open Swim 11:00 - 12:00			
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM	Open Gym 11:45-12:45			Aquatic Leadership Program 12:00 - 2:30 / Lane Swim 1:00 - 2:30				
12:30 PM								
1:00 PM						WalkFit 1:00 - 1:45		
1:30 PM								
2:00 PM	Open Gym 2:00 - 4:00	GERAS Dance 2:00 - 3:00		Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45			
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	Member Open Swim 7:00 - 8:45			
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								

Thursday								
	Gym	Studio	Community Room	Lap Pool	Leisure Pool			
6:00 AM								
6:30 AM	Open Gym 6:00 - 10:30			Lane Swim 6:00 - 8:45				
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM		Healthy Hearts 8:00 - 9:20						
9:00 AM			HHS Rental 8:30 - 11:00	AquaFit 9:00 - 9:45				
9:30 AM								
10:00 AM				Hydrotherapy 10:00 - 10:45				
10:30 AM								
11:00 AM	Pickleball 11:00 - 1:00	Healthy Hearts 10:40 - 12:00		Member Open Swim / Lane Swim 11:00 - 12:00	Member Open Swim 11:00 - 12:00			
11:30 AM								
12:00 PM								
12:30 PM	Open Gym 1:30 - 4:00			Aquatic Leadership Program 12:00 - 2:30 / Lane Swim 1:00 - 2:30				
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM				Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45			
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Move It (6-12 yrs) 4:30 - 5:30		Build It (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	CycleFit 5:45 - 6:30	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								
8:00 PM								
8:30 PM								
9:00 PM								



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

Sunday					
	Gym	Studio	Community Room	Lap Pool	Leisure Pool
8:00 AM	Open Gym			Lane Swim	
8:30 AM	8:00 - 8:45			8:00 - 8:45	
9:00 AM	Karate (6-12 yrs)	CycleFit			
9:30 AM	9:15 - 10:00	9:00 - 9:45			
10:00 AM	Karate (6-12 yrs)	Yoga			
10:30 AM	10:15 - 11:00	10:15 - 11:15			
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 / Lane Swim	Family Open Swim
1:30 PM	1:15 - 2:00			1:00 - 2:00	1:00 - 2:00
2:00 PM					
2:30 PM				Aquatics Leadership Programs	
3:00 PM	Basketball			2:00 - 4:00	
3:30 PM	2:00 - 3:45				
4:00 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 (6-12 yrs)	CycleFit	Build It (3-5 yrs)		
9:30 AM	9:15 - 10:15	9:15 - 10:15	9:15 - 10:00		
10:00 AM			Build It (6-12 yrs)		
10:30 AM	Soccer (3-5 yrs)	Yoga	10:15 - 11:15		
11:00 AM	10:30 - 11:15	10:45 - 11:45			
11:30 AM	Soccer Advanced (6-12 yrs)		Move It (3-5 yrs)		
12:00 PM	11:45 - 12:45		11:45 - 12:30		
12:30 PM					
1:00 PM				Member Open Swim / Lane Swim	Member Open Swim
1:30 PM	Birthday Party			1:00 - 2:30	1:00 - 2:30
2:00 PM	1:15 - 3:00				
2:30 PM				Public Open Swim / Lane Swim	Public Open Swim
3:00 PM	Open Gym			2:30 - 3:45	2:30 - 3:45
3:30 PM	3:00 - 3:45				
4:00 PM					

Facility Hours	Play Centre: Childminding (0-3 years)
Mon-Fri: 6:00 am - 9:00 pm	Monday-Friday:
Sat & Sun: 8:00 am - 4:00 pm	9:00-10:15 am & 10:30-11:45 am
Holidays: 8:00 am - 4:00 pm	Monday
	4:00-5:15 pm & 5:30-6:45 pm
Registered Programs	10 visit punch card: \$70
	Must pre-register for a 75 minute time slot

Swim Admission Criteria

Dear Families...

The safety of you and your family is always our top priority. The YMCA Swim Admissions Criteria aligns with the Lifesaving Society during all Swim Times.

<p>Children ages 0 – 6:</p> <ul style="list-style-type: none"> 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.
<p>Children ages 7 – 9:</p> <ul style="list-style-type: none"> 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.
<p>Youth and adults 10 years and over:</p> <ul style="list-style-type: none"> Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.
<p>What is the Facility Swim Test?</p> <p>To enter deep water and/or swim independently, swimmers must:</p> <ul style="list-style-type: none"> Show comfort in the water and Swim 2 widths of continuous front crawl in shallow water. <p>The swim test must be demonstrated at each visit to the YMCA.</p> <p>At any time, lifeguards may ask for a demonstration of swimming ability if they feel there is a question of the participant's safety.</p>