



# LES CHATER FAMILY YMCA - Schedule At A Glance

September 5 - December 23, 2022

Monday						
	Gym	Studio	Community Room	Lap Pool	Leisure Pool	
6:00 AM						
6:30 AM	Open Gym 6:00 - 8:45			Lane Swim 6:00 - 8:45		
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						
10:00 AM	Open Gym 9:30 - 2:00	Pilates 11:15 - 12:00		Public Open Swim / Public Lane (2) 10:00 - 12:00	Public Open Swim 11:00 - 12:00	
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM		GentleFit 1:00 - 1:45		Lane Swim 1:00 - 3:45		
1:30 PM						
2:00 PM		GERAS Dance 2:00 - 3:00				
2:30 PM	Balance+ 2:30 - 3:30	Optimal Fitness 3:45 - 4:45				
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			Discovery Lab (3-5 yrs) 5:45 - 6:30			
5:30 PM	Basketball (6-12 yrs) 5:45 - 6:45	CycleFit 5:45 - 6:30				
6:00 PM						
6:30 PM				Adult Swim Lessons 7:00-7:30		
7:00 PM	Badminton 7:00 - 9:30	Zumba 6:45 - 7:30		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						

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

Wednesday							
	Gym	Studio	Community Room	Lap Pool	Leisure Pool		
6:00 AM		CycleFit 6:15 - 7:00		Lane Swim 6:00 - 8:45			
6:30 AM	Open Gym 6:00 - 8:45						
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	MuscleFit 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 - 12:45	Pilates 11:15 - 12:00		Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00		
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	WalkFit 1:00 - 1:45			Lane Swim 1:00 - 3:45			
1:30 PM							
2:00 PM	Balance+ 2:30 - 3:30	GERAS Dance 2:00 - 3:00					
2:30 PM		Optimal Fitness 3:45 - 4:45					
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Basketball (6-12 yrs) 4:30 - 5:30		Drama Kids (3-5 yrs) 4:30 - 5:30	Swim Lessons 4:00 - 7:00			
5:00 PM	Move It (3-5 yrs) 5:45 - 6:30	CycleFit 5:15 - 6:00	Drama Kids (6-12 yrs) 5:45 - 6:45				
5:30 PM		Zumba 6:15 - 7:00					
6:00 PM	MuscleFit 6:45 - 7:30						
6:30 PM				AquaFit 7:00 - 7:45			
7:00 PM	Pickle Ball 7:45 - 9:30	Yoga 7:15 - 8:15		Public Open Swim / Lane Swim (2) 8:00 - 9:00	Public Open Swim 7:00 - 9:00		
7:30 PM							
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				AquaFit 9:00 - 9:45		
9:00 AM			HHS Rental 8:30 - 11:00	Hydrotherapy 10:00 - 10:45		
9:30 AM		Cycle Fit 9:30 - 10:15		Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00	
10:00 AM						
10:30 AM	Pickleball 11:00 - 1:00	Healthy Hearts 10:40 - 12:00				
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM				Lane Swim 1:00-2:15		
1:30 PM	Open Gym 1:30 - 4:00			Public Open Swim / Lane Swim (2) 2:30-3:45		
2:00 PM						
2:30 PM			Fit for Function 3:00 - 4:00			
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	Move It (3-5 yrs) 5:45 - 6:30	CycleFit 5:45 - 6:30	Build It 12 yrs) 5:45 - 6:45			
5:30 PM						
6:00 PM	TotalFit 6:45 - 7:30					
6:30 PM				AquaFit 7:00 - 7:45		
7:00 PM	Basketball 7:45 - 9:30			Member Open Swim / Lane Swim (2) 8:00 - 9:00	Member Open Swim 7:00 - 9:00	
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						

Friday					
	Gym	Studio	Community Room	Lap Pool	Leisure Pool
6:00 AM				Lane Swim 6:00 - 6:45	
6:30 AM					

Saturday					
	Gym	Studio	Community Room	Lap Pool	Leisure Pool
8:00 AM	HIIT			Lane Swim 8:00 - 8:45	
8:30 AM					



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September 5 - December 23, 2022

7:00 AM	Open Gym 6:00 - 8:45			AquaFit 7:00 - 7:45			
7:30 AM							
8:00 AM				Member Open Swim 8:00 - 8:55			
8:30 AM							
9:00 AM	Strength & Conditioning 9:15 - 10:00	Stretch & Tone 9:15 - 10:00		AquaFit 9:00 - 9:45			
9:30 AM							
10:00 AM				Public Open Swim / Lane Swim (2) 10:00 - 12:00			
10:30 AM					Public Open Swim 11:00 - 12:00		
11:00 AM		Pilates 11:15 - 12:00					
11:30 AM							
12:00 PM							
12:30 PM	Open Gym 12:30 - 4:00			Lane Swim 1:00 - 3:45			
1:00 PM							
1:30 PM			GentleFit 1:00 - 1:45				
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Basketball Advanced (10-12 yrs) 4:30 - 5:30				Swim Lessons 4:00 - 7:00		
5:00 PM			Youth Leadership Development (10-16 yrs) 5:30-7:30				
5:30 PM	Basketball Advanced (6-9 yrs) 5:45 - 6:45	Yoga 5:45 - 6:45					
6:00 PM							
6:30 PM	Youth Leadership 6:45-7:30						
7:00 PM				Public Open Swim 7:00 - 9:00	Public Open Swim 7:00 - 9:00		
7:30 PM	Basketball 7:30 - 9:30						
8:00 PM							
8:30 PM							
9:00 PM							

9:00 AM	Floor Hockey (6-12 yrs) 9:15 - 10:15	CycleFit 9:15 - 10:15	Build It (3-5 yrs) 9:15 - 10:00	Swim Lessons 9:00 - 12:30	
9:30 AM					
10:00 AM			Build It (6-12 yrs) 10:15 - 11:15		
10:30 AM	Soccer (3-5 yrs) 10:30 - 11:15	Yoga 10:45 - 11:45			
11:00 AM					
11:30 AM	Soccer Advanced (6-12 yrs) 11:45 - 12:45		Move It (3-5 yrs) 11:45 - 12:30		
12:00 PM					
12:30 PM					
1:00 PM				Member Open Swim / Lane Swim (2) 1:00 - 2:30	Member Open Swim 1:00 - 2:30
1:30 PM	Birthday Party 1:15 - 3:00				
2:00 PM					
2:30 PM				Public Open Swim / Lane Swim (2) 2:30 - 5:00	Public Open Swim 2:30 - 5:00
3:00 PM	Open Gym 3:00 - 5:30				
3:30 PM					
4:00 PM					

Facility Hours		Play Centre: Childminding (0-3 years)	
Mon-Fri: 6:00 am - 10:00 pm		Tuesday & Thursday:	
Sat & Sun: 8:00 am - 6:00 pm		9:00-10:15 am & 10:30-11:45 am	
Holidays: 8:00 am - 4:00 pm		Monday	
Sauna & whirlpool closed during Swim Lessons		4:00-5:15 pm & 5:30-6:45 pm	
Registered Programs		10 visit punch card: \$70	
Drop In Group Fitness		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.

- 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.

Sunday						
	Gym	Studio	Community Room	Lap Pool	Leisure Pool	
8:00 AM	Open Gym 8:00 - 8:45			Lane Swim 8:00 - 8:45		
8:30 AM						
9:00 AM	Karate (6-12 yrs) 9:15 - 10:00	CycleFit 9:15 - 10:00	Discovery Lab (3-5 yrs) 9:15 - 10:00	Swim Lessons 9:00 - 12:30		
9:30 AM						
10:00 AM	Karate (6-12 yrs) 10:15 - 11:00	Yoga 10:15 - 11:15	Discovery Lab (6-12 yrs) 10:15 - 11:15			
10:30 AM						
11:00 AM	Karate Advanced (6-12 yrs) 11:15 - 12:00					
11:30 AM	Karate (6-12 yrs) 12:15 - 1:00					
12:00 PM						
12:30 PM						
1:00 PM	Karate (6-12 yrs) 1:15 - 2:00	Strength & Conditioning Jr. (6-12 yrs) 1:00-1:45		Family Open Swim / Lane Swim (2) 1:00 - 2:00	Family Open Swim 1:00 - 2:00	
1:30 PM						
2:00 PM						
2:30 PM	Basketball 2:15 - 5:30			Aquatics Leadership Courses 2:00 - 6:00		
3:00 PM						
3:30 PM						
4:00 PM						