



# LES CHATER FAMILY YMCA - Schedule At A Glance

September 12 - December 23, 2022

Monday						
	Gym	Studio	Community Room	Lap Pool	Leisure Pool	
6:00 AM						
6:30 AM	Open Gym 6:00 - 8:45			Member 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						
10:30 AM	Open Gym 10:30 - 4:00	Pilates 11:15 - 12:00		Public Open Swim / Public Lane (2) 10:00 - 12:00	Public Open Swim 11:00 - 12:00	
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM			GentleFit 1:00 - 1:45			
1:30 PM			GERAS Dance 2:00 - 3:00		Member Lane Swim 1:00 - 3:45	
2:00 PM						
2:30 PM			Optimal Fitness 3:45 - 4:45			
3:00 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		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						
10:00 PM						

Tuesday						
	Gym	Studio	Community Room	Lap Pool	Leisure Pool	
6:00 AM						
6:30 AM	Strength & Conditioning 6:15 - 7:00			Public Lane Swim 6:00 - 8:45		
7:00 AM						
7:30 AM	Open Gym 7:30 - 11:30					
8:00 AM		Healthy Hearts 8:00 - 9:20				
8:30 AM						
9:00 AM					AquaFit 9:00 - 9:45	
9:30 AM		CycleFit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45		
10:00 AM						
10:30 AM						
11:00 AM		Healthy Hearts 10:40 - 12:00		Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00	
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Open Gym 12:30 - 4:00			Member Lane Swim 1:00 - 3:45		
1:30 PM		Optimal Fitness 1:30-2:30				
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	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	Member 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						
7:30 PM					Member Open Swim / Lane Swim (2) 8:00 - 9:00	
8:00 PM						
8:30 PM						
9:00 PM						
10:00 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		Member 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	BodyFit 9:15 - 10:00		AquaFit 9:00 - 9:45		
9:30 AM				Hydrotherapy 10:00 - 10:45		
10:00 AM						
10:30 AM						
11:00 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	
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM		WalkFit 1:00 - 1:45			Member Lane Swim 1:00 - 3:45	
1:30 PM						
2:00 PM		Open Gym 2:15-4:00				
2:30 PM			Optimal Fitness 3:45 - 4:45			
3:00 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		CycleFit 5:15 - 6:00	Drama Kids (6-12 yrs) 5:45 - 6:45			
5:30 PM	Move It (3-5 yrs) 5:45 - 6:30	Zumba 6:10 - 6:55				
6:00 PM						
6:30 PM	MuscleFit 6:45 - 7:30			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						
10:00 PM						

Thursday						
	Gym	Studio	Community Room	Lap Pool	Leisure Pool	
6:00 AM						
6:30 AM	Open Gym 6:00 - 10:30			Member Lane Swim 6:00-8:45		
7:00 AM						
7:30 AM						
8:00 AM		Healthy Hearts 8:00 - 9:20				
8:30 AM						
9:00 AM			HHS Rental 8:30 - 11:00	AquaFit 9:00 - 9:45		
9:30 AM		Cycle Fit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45		
10:00 AM						
10:30 AM						
11:00 AM	Pickleball 11:00 - 1:00	Healthy Hearts 10:40 - 12:00		Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00	
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM					Member Lane Swim 1:00-2:30	
1:30 PM		Open Gym 1:30 - 4:00	Optimal Fitness 1:30-2:30		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	Dance (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			Build It (6-12 yrs) 5:45 - 6:45			
5:30 PM	Dance (3-5 yrs) 5:45 - 6:30	CycleFit 5:45 - 6:30				
6:00 PM						
6:30 PM	TotalFit 6:45 - 7:30			AquaFit 7:00 - 7:45		
7:00 PM	Member 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						
10:00 PM						



# LES CHATER FAMILY YMCA - Schedule At A Glance

September 12 - December 23, 2022

Friday					
	Gym	Studio	Community Room	Lap Pool	Leisure Pool
6:00 AM					
6:30 AM	Open Gym 6:00 - 8:45			Member Lane Swim 6:00 - 6:45	
7:00 AM				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					
10:30 AM				Public Open Swim / Lane Swim (2) 10:00 - 12:00	
11:00 AM					Public Open Swim 11:00 - 12:00
11:30 AM	Open Gym 10:30 - 4:00	Pilates 11:15 - 12:00			
12:00 PM					
12:30 PM					
1:00 PM			GentleFit 1:00 - 1:45		Member Lane Swim 1:00 - 3:45
1:30 PM					
2:00 PM		GERAS Dance 2:00 - 3:00			
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	Member Basketball 7:45 - 9:30				
8:00 PM					
8:30 PM					
9:00 PM					
10:00 PM					

Saturday						
	Gym	Studio	Community Room	Lap Pool	Leisure Pool	
8:00 AM						
8:30 AM	HIIT 8:15 - 9:00			Member Lane Swim 8:00 - 8:45		
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			Build It (6-12 yrs) 10:15 - 11:15			
10:00 AM						
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						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 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	
Registered Programs	10 visit punch card: \$70
Drop In Group Fitness	Must pre-register for a 75 minute time slot
Sauna & Whirlpool closed during Swim Lessons Whirlpool closed on Sunday for Maintenance	

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

## 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.