



LES CHATER FAMILY YMCA - Schedule At A Glance

November 7 - 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		AquaFit 9:00 - 9:45		
9:30 AM		BodyFit 9:15 - 10:00				
10:00 AM				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		Pilates 11:15 - 12:00				
12:00 PM						
12:30 PM	Open Gym 10:30 - 4:00					
1:00 PM						
1:30 PM			GentleFit 1:00 - 1:45			
2:00 PM			GERAS Dance 2:00 - 3:00		Member Lane Swim 1:00 - 3:45	
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Basketball (3-5 yrs) 4:30 - 5:15		Art Spark (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		Art Spark (3-5 yrs) 5:45 - 6:30			
6:00 PM		CycleFit 5:45 - 6:30				
6:30 PM		Zumba 6:45 - 7:30			Adult Swim Lessons 7:00 - 7:30	
7:00 PM					Public Open Swim / Lane Swim (2) 7:00 - 9:00	
7:30 PM					Public Open Swim 7:00 - 9:00	
8:00 PM	Badminton 7:00 - 9:30					
8:30 PM						
9:00 PM						
10:00 PM						

Tuesday						
	Gym	Studio	Community Room	Lap Pool	Leisure Pool	
6:00 AM						
6:30 AM		HIIT 6:30 - 7:00		Public Lane Swim 6:00 - 8:45		
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM	Open Gym 6:00 - 11:30	Healthy Hearts 8:00 - 9:20				
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	Queenax 10:30 - 11:15 (Fitness Centre)	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	Open Gym 12:30 - 4:00					
1:00 PM						
1:30 PM						
2:00 PM					Member Lane Swim 1:00 - 3:45	
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Soccer (6-12 yrs) 4:30 - 5:30		Discovery Lab (3-5 yrs) 4:30 - 5:15	Swim Lessons 4:00 - 7:00		
5:00 PM		YF&U 5:00 - 7:00 (Fitness Centre)				
5:30 PM	Soccer (3-5 yrs) 5:45 - 6:30		Discovery Lab (6-12 yrs) 5:45 - 6:45			
6:00 PM						
6:30 PM		Cycle & Strength 6:15 - 7:15			AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
7:00 PM	Member Basketball 6:45 - 9:30					
7:30 PM						
8:00 PM				Member Open Swim / Lane Swim (2) 8:00 - 9:00		
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						
10:00 AM				Hydrotherapy 10:00 - 10:45		
10:30 AM						
11:00 AM	Open Gym 10:30 - 12:45			Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00	
11:30 AM			Pilates 11:15 - 12:00			
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM	WalkFit 1:00 - 1:45					
2:00 PM				Member Lane Swim 1:00 - 3:45		
2:30 PM	Open Gym 2:15 - 4:00					
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM		Basketball (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		CycleFit 5:15 - 6:00	Art Spark (6-12 yrs) 5:45 - 6:45			
5:30 PM	Basketball (3-5 yrs) 5:45 - 6:30					
6:00 PM	MuscleFit 6:45 - 7:30	Zumba 6:10 - 6:55				
6:30 PM						
7:00 PM				AquaFit 7:00 - 7:45		
7:30 PM		Yoga 7:15 - 8:15		Public Open Swim / Lane Swim (2) 7:00 - 9:00	Public Open Swim 7:00 - 9:00	
8:00 PM	Pickle Ball 7:45 - 9:30					
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		Queenax 8:30 - 9:15 (Fitness Centre)	Public 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				AquaFit 9:00 - 9:45		
9:30 AM		Cycle Fit 9:30 - 10:15	HHS Rental 8:30 - 11:00	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					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						
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			Build It (6-12 yrs) 5:45 - 6:30			
5:30 PM	Dance (3-5 yrs) 5:30 - 6:15	CycleFit 5:45 - 6:30				
6:00 PM						
6:30 PM						
7:00 PM				AquaFit 7:00 - 7:45		
7:30 PM	Member Basketball 6:45 - 9:30			Member Open Swim / Lane Swim (2) 8:00 - 9:00	Member Open Swim 7:00 - 9:00	
8:00 PM						
8:30 PM						
9:00 PM						
10:00 PM						

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					Member Open Swim 8:00 - 8:55	
8:00 AM						
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	Public Open Swim 11:00 - 12:00	
11:00 AM		Pilates 11:15 - 12:00				
11:30 AM	Open Gym 11:30 - 4:00					
12:00 PM						
12:30 PM						
1:00 PM			GentleFit 1:00 - 1:45		Member Lane Swim 1:00 - 3:45	
1:30 PM			GERAS Dance 2:00 - 3:00			
2:00 PM	Basketball Advanced (10-12 yrs) 4:30 - 5:30					
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Basketball Advanced (6-9 yrs) 5:45 - 6:45		Youth Leadership Development (10-16 yrs) 5:30-7:30	Swim Lessons 4:00 - 7:00		
5:00 PM						
5:30 PM		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 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					
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	Open Gym 3:00 - 5:30			Public Open Swim / Lane Swim (2) 2:30 - 5:00	Public Open Swim 2:30 - 5:00	
2:30 PM						
3:00 PM						
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: 9:00-10:15 am & 10:30-11:45 am
Sat & Sun: 8:00 am - 6:00 pm	10 visit punch card: \$70
Holidays: 8:00 am - 4:00 pm	
Spa & whirlpool closed during Swim Lessons Whirlpool closed on Sundays for cleaning	Must pre-register for a 75 minute time slot
Registered Programs	
Drop In Group Fitness	

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 9:00-9:45	Discovery Lab (3-5 yrs) 9:15 - 10:00	Swim Lessons 9:00 - 12:30	
9:30 AM			Discovery Lab (6-12 yrs) 10:15 - 11:15		
10:00 AM	Karate (6-12 yrs) 10:15 - 11:00	Yoga 10:15 - 11:15			
10:30 AM	Karate Advanced (6-12 yrs) 11:15 - 12:00				
11:00 AM	Karate (6-12 yrs) 12:15 - 1:00				
11:30 AM					
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 - 4:00			Aquatics Leadership Courses 2:00 - 6:00	
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Badminton 4:15 - 5:45				
5:00 PM					
5:30 PM					
6:00 PM					