



LES CHATER FAMILY YMCA - Schedule At A Glance

January 9 - April 1, 2023

Monday						Tuesday					
Gym	Studio	Community Room	Lap Pool	Leisure Pool		Gym	Studio	Community Room	Lap Pool	Leisure Pool	
6:30 AM						6:30 AM					
6:30 AM	Open Gym 6:00 - 8:45		Member Lane Swim 6:00 - 8:45			6:30 AM	HIT 6:30 - 7:00			Public Lane Swim 6:00 - 8:45	
7:00 AM						7:00 AM					
7:30 AM						7:30 AM					
8:00 AM						8:00 AM	Healthy Hearts 8:00 - 9:30				
8:30 AM						8:30 AM					
9:00 AM	HIT 9:15 - 10:00	BodyFit 9:15 - 10:00	AquaFit 9:00 - 9:45			9:00 AM					
9:30 AM						9:30 AM					
10:00 AM						10:00 AM					
10:30 AM						10:30 AM					
11:00 AM	Balance+ 11:00 - 12:00	Pilates 11:15 - 12:00	Thrive "Tagit" Drop-In 1:00 - 1:45 (Fitness Floor)	Public Open Swim / Lane Swim (2) 10:00 - 12:00	Public Open Swim 11:00 - 12:00	11:00 AM	Open Gym 6:00 - 4:00	Oceanax 10:30 - 11:15 (Fitness Centre)	Member Open Swim 11:00 - 12:00		
12:00 PM						11:30 AM					
12:30 PM						12:00 PM					
1:00 PM						1:00 PM					
1:30 PM						1:30 PM					
2:00 PM	Open Gym 12:30 - 4:00	GentleFit 1:00 - 1:55	see Membership Associate for more information	Member Lane Swim 1:00 - 3:45		2:00 PM					
2:30 PM						2:30 PM					
3:00 PM						3:00 PM					
3:30 PM						3:30 PM					
4:00 PM						4:00 PM					
4:30 PM	Basketball (8-12 yrs) 4:30 - 5:15		Art Spark (8-12 yrs) 4:30 - 5:30		Swim Lessons 4:00 - 7:00	4:30 PM					
5:00 PM						5:00 PM					
5:30 PM	Basketball (8-12 yrs) 5:45 - 6:45		Art Spark (8-12 yrs) 5:45 - 6:30			5:30 PM					
6:00 PM						6:00 PM					
6:30 PM						6:30 PM					
7:00 PM						7:00 PM					
7:30 PM						7:30 PM					
8:00 PM						8:00 PM					
8:30 PM						8:30 PM					
9:00 PM						9:00 PM					
10:00 PM						10:00 PM					

Wednesday						Thursday					
Gym	Studio	Community Room	Lap Pool	Leisure Pool		Gym	Studio	Community Room	Lap Pool	Leisure Pool	
6:30 AM						6:30 AM					
6:30 AM	Open Gym 6:00 - 8:45		Member Lane Swim 6:00 - 8:45			6:30 AM				Public Lane Swim 6:00 - 8:45	
7:00 AM						7:00 AM					
7:30 AM						7:30 AM					
8:00 AM						8:00 AM					
8:30 AM						8:30 AM					
9:00 AM						9:00 AM					
9:30 AM						9:30 AM					
10:00 AM						10:00 AM					
10:30 AM						10:30 AM					
11:00 AM	Balance+ 11:00 - 12:00	Pilates 11:15 - 12:00		Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00	11:00 AM					
12:00 PM						11:30 AM					
12:30 PM						12:00 PM					
1:00 PM						1:00 PM					
1:30 PM						1:30 PM					
2:00 PM	Open Gym 2:15 - 4:00	Optimal Fitness 1:45 - 4:45		Member Lane Swim 1:00 - 3:45		2:00 PM					
2:30 PM						2:30 PM					
3:00 PM						3:00 PM					
3:30 PM						3:30 PM					
4:00 PM						4:00 PM					
4:30 PM	Basketball (8-12 yrs) 4:30 - 5:30		Art Spark (8-12 yrs) 4:30 - 5:15		Swim Lessons 4:00 - 7:00	4:30 PM					
5:00 PM						5:00 PM					
5:30 PM	Sport Adventure (8-12 yrs) 5:45 - 6:30		Zumba 6:10 - 6:55			5:30 PM					
6:00 PM						6:00 PM					
6:30 PM						6:30 PM					
7:00 PM						7:00 PM					
7:30 PM						7:30 PM					
8:00 PM						8:00 PM					
8:30 PM						8:30 PM					
9:00 PM						9:00 PM					
10:00 PM						10:00 PM					

Friday						Saturday					
Gym	Studio	Community Room	Lap Pool	Leisure Pool		Gym	Studio	Community Room	Lap Pool	Leisure Pool	
6:00 AM						6:00 AM					
6:30 AM						6:30 AM					
7:00 AM	Open Gym 6:00 - 8:45		AquaFit 7:00 - 7:45			7:00 AM					
7:30 AM						7:30 AM					
8:00 AM						8:00 AM					
8:30 AM						8:30 AM					
9:00 AM	Strength & Conditioning 9:15 - 10:00	Stretch & Tone 9:15 - 10:00		AquaFit 9:00 - 9:45		9:00 AM					
9:30 AM						9:30 AM					
10:00 AM						10:00 AM					
10:30 AM						10:30 AM					
11:00 AM						11:00 AM					
11:30 AM						11:30 AM					
12:00 PM						12:00 PM					
12:30 PM	Open Gym 10:30 - 4:00	GentleFit 1:00 - 1:45	see Membership Associate for more information	Member Lane Swim 1:00 - 3:45		12:30 PM					
1:00 PM						1:00 PM					
1:30 PM						1:30 PM					
2:00 PM						2:00 PM					
2:30 PM						2:30 PM					
3:00 PM						3:00 PM					
3:30 PM						3:30 PM					
4:00 PM						4:00 PM					
4:30 PM	Basketball Advanced (10-12 yrs) 4:30 - 5:30		Yoga 5:45 - 6:45		Swim Lessons 4:00 - 7:00	4:30 PM					
5:00 PM						5:00 PM					
5:30 PM	Basketball Advanced (8-9 yrs) 5:45 - 6:45		Youth Leadership Development (10-18 yrs) 5:30-7:30			5:30 PM					
6:00 PM						6:00 PM					
6:30 PM						6:30 PM					
7:00 PM						7:00 PM					
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8:30 PM						8:30 PM					
9:00 PM						9:00 PM					
10:00 PM						10:00 PM					

Sunday					
Gym	Studio	Community Room	Lap Pool	Leisure Pool	
8:00 AM	Open Gym 8:00 - 8:45		Member Lane Swim 8:00 - 8:45		
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
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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	10 visit punch card: \$70
Swim & whirlpool closed during Swim Lessons Whirlpool closed on Sundays for cleaning	Must pre-register for a 75 minute time slot
Registered Programs	Birthday Party Booking Please speak with a Membership Associate for available times and packages!
Drop in Group Fitness	Daily Thrive Appointments Available for Members. Speak to a Membership Associate to Register!
Drop in Recreational Sports	
Registered Aquatics Leadership Programs	

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 Licensing Society during 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 of 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 freestyle 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.