

LES CHATER FAMILY YMCA - Schedule At A Glance

March Break - March 13 - 19, 2023

Monday, March 13				
Gymnasium	Studio	Community Room A	Lap Pool	Leisure Pool
Open Gym 6:00 - 8:45			Member Lane Swim 6:00 - 8:45	
			AquaFit 9:00 - 9:45	
HIIT 9:15 - 10:00	BodyFit 9:15 - 10:00		Public Open Swim/Lane Swim (2 lanes) 10:00 - 12:00	Public Open Swim 11:00 - 12:00
Open Gym 10:15 - 6:00	TRX 10:15 - 11:00		Aquatic Leadership Course 12:00 - 1:00	
	Pilates 11:15 - 12:00		Member Lane Swim (2 lanes) 1:00 - 2:30	
	GentleFit 1:00 - 1:45		Aquatic Leadership Course 1:00 - 2:30	
	GERAS Dance 2:00 - 3:00		Public Open Swim (2 lanes) 2:35 - 3:45	
	Optimal Fitness 3:45 - 4:45		Aquatic Leadership Course 4:00 - 7:00	Public Open Swim 2:35 - 9:00
Badminton 6:30 - 9:30	CycleFit 5:45 - 6:30		Public Open Swim (2 lanes) 7:00 - 9:00	
	Zumba 6:45 - 7:30			

Tuesday, March 14				
Gymnasium	Studio	Community Room A	Lap Pool	Leisure Pool
Open Gym 6:00 - 4:00	HIIT 6:30 - 7:00		Public Lane Swim 6:00 - 8:45	
	Healthy Hearts 8:00 - 9:20		AquaFit 9:00 - 9:45	
	CycleFit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45	
	Healthy Hearts 10:40 - 12:00		Member Open Swim/Lane Swim (2 lanes) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
	Zumba Gold 11:00 - 11:45		Aquatic Leadership Course 12:00 - 1:00	
MARCH BREAK Basketball (3-5 yrs) 4:30 - 5:15		MARCH BREAK Art Spark (6-12 yrs) 4:30 - 5:30	Member Lane Swim (2 lanes) 1:00 - 2:30	
	MARCH BREAK Basketball (6-12 yrs) 5:30 - 6:30	MARCH BREAK Art Spark (3-5 yrs) 5:45 - 6:45	Aquatic Leadership Course 1:00 - 2:30	Public Open Swim (2 lanes) 2:35 - 3:45
			Public Open Swim (2 lanes) 2:35 - 3:45	Public Open Swim 2:35 - 3:45
			Aquatic Leadership Course 4:00 - 7:00	Member Open Swim 4:00 - 9:00
	Member Basketball 6:45 - 9:30	Cycle & Strength 6:15 - 7:15		AquaFit 7:00 - 7:45

Wednesday, March 15				
Gymnasium	Studio	Community Room A	Lap Pool	Leisure Pool
Open Gym 6:00 - 8:45	CycleFit 6:15 - 7:00		Member Lane Swim 6:00 - 8:45	
MuscleFit 9:15 - 10:00	BodyFit 9:15 - 10:00		AquaFit 9:00 - 9:45	
Open Gym 10:15 - 12:45	Pilates 11:15 - 12:00		Hydrotherapy 10:00 - 10:45	
WalkFit 1:00 - 1:45	Optimal Fitness 3:45 - 4:45	MARCH BREAK Art Spark (6-12 yrs) 4:30 - 5:30	Public Open Swim/Lane Swim (2 lanes) 11:00 - 12:00	Public Open Swim 11:00 - 12:00
			Aquatic Leadership Course 12:00 - 1:00	
Open Gym 2:00 - 4:00		MARCH BREAK Art Spark (3-5 yrs) 5:45 - 6:45	Member Lane Swim (2 lanes) 1:00 - 2:30	
MARCH BREAK Basketball (3-5 yrs) 4:30 - 5:15	CycleFit 5:15 - 6:00	MARCH BREAK Art Spark (6-12 yrs) 5:45 - 6:45	Aquatic Leadership Course 1:00 - 2:30	Public Open Swim (2 lanes) 2:35 - 3:45
MARCH BREAK Basketball (6-12 yrs) 5:30 - 6:30	Zumba 6:10 - 6:55		Public Open Swim (2 lanes) 2:35 - 3:45	Public Open Swim 2:35 - 3:45
MuscleFit 6:45 - 7:30			Aquatic Leadership Course 4:00 - 7:00	Public Open Swim 2:35 - 9:00
Pickleball 7:45 - 9:30	Yoga 7:15 - 8:15		AquaFit 7:00 - 7:45	
			Public Open Swim/Lane Swim (2 lanes) 8:00 - 8:45	

Thursday, March 16				
Gymnasium	Studio	Community Room A	Lap Pool	Leisure Pool
Open Gym 6:00 - 9:00			Public Lane Swim 6:00 - 8:45	
TotalFit 9:30 - 10:15	Healthy Hearts 8:00 - 9:20		AquaFit 9:00 - 9:45	
Pickleball 11:00 - 1:00	CycleFit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45	
	Healthy Hearts 10:40 - 12:00		Member Open Swim/Lane Swim (2 lanes) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
Open Gym 1:15 - 4:00	Optimal Fitness 1:30 - 2:30	MARCH BREAK Art Spark (6-12 yrs) 4:30 - 5:30	Aquatic Leadership Course 12:00 - 1:00	
			Member Lane Swim (2 lanes) 1:00 - 2:30	
MARCH BREAK Basketball (3-5 yrs) 4:30 - 5:15		MARCH BREAK Art Spark (3-5 yrs) 5:45 - 6:45	Aquatic Leadership Course 1:00 - 2:30	Public Open Swim (2 lanes) 2:35 - 3:45
MARCH BREAK Basketball (6-12 yrs) 5:30 - 6:30	Yoga 5:45 - 6:45		Public Open Swim (2 lanes) 2:35 - 3:45	Public Open Swim 2:35 - 3:45
Member Basketball 6:45 - 9:30	CycleFit 5:45 - 6:30		Aquatic Leadership Course 4:00 - 7:00	Member Open Swim 4:00 - 9:00
			AquaFit 7:00 - 7:45	
			Member Open Swim/Lane Swim (2 lanes) 8:00 - 8:45	

Friday, March 17					
Gymnasium	Studio	Community Room A	Lap Pool	Leisure Pool	
Open Gym 6:00 - 8:45			Member Lane Swim 6:00 - 6:45		
Strength & Conditioning 9:15 - 10:00	Strength & Tone 9:15 - 10:00		AquaFit 7:00 - 7:45		
Open Gym 10:15 - 5:00	Pilates 11:15 - 12:00	MARCH BREAK Art Spark (6-12 yrs) 4:30 - 5:30	Member Open Swim 8:00 - 8:55		
			AquaFit 9:00 - 9:45		
	GentleFit 1:00 - 1:45		MARCH BREAK Art Spark (3-5 yrs) 5:45 - 6:45	Public Open Swim (2 lanes) 10:00 - 12:00	Public Open Swim 11:00 - 12:00
	GERAS Dance 2:00 - 3:00			Aquatic Leadership Course 12:00 - 1:00	
	Yoga 5:45 - 6:45			Member Lane Swim (2 lanes) 1:00 - 2:30	
Member Basketball 5:30 - 9:30			Aquatic Leadership Course 1:00 - 2:30		
			Public Open Swim (2 lanes) 2:35 - 3:45	Public Open Swim 2:35 - 3:45	
			Aquatic Leadership Course 4:00 - 7:00	Public Open Swim 2:35 - 9:00	
			Public Open Swim (2 lanes) 7:00 - 9:00		

Saturday, March 18				
Gymnasium	Studio	Community Room A	Lap Pool	Leisure Pool
HIIT 8:15 - 9:00			Member Open Swim 8:00 - 8:45	
Open Gym 9:15 - 1:00	CycleFit 9:15 - 10:00		Member Open Swim/Lane Swim (2 lanes) 9:00 - 12:30	Member Open Swim 9:00 - 12:30
	Yoga 10:45 - 11:45		Pool Closed 12:30 - 1:00	
Birthday Party 1:45 - 3:45			Member Open Swim/Lane Swim (2 lanes) 1:00 - 2:30	Member Open Swim 1:00 - 2:30
			Public Open Swim/Public Lane Swim (2) 2:30 - 5:00	Public Open Swim 2:30 - 5:00
Basketball 4:00 - 5:30				

Sunday, March 19				
Gymnasium	Studio	Community Room A	Lap Pool	Leisure Pool
Open Gym 8:00 - 12:00	CycleFit 9:00 - 9:45		Member Open Swim 8:00 - 8:45	
	TRX 10:00 - 10:30		Member Open Swim/Lane Swim (2 lanes) 9:00 - 12:30	Member Open Swim 9:00 - 12:30
	Yoga 10:45 - 11:45		Pool Closed 12:30 - 1:00	
Basketball 12:30 - 3:30			Member Lane Swim (2 lanes) 1:00 - 2:00	Member Family Open Swim 1:00 - 2:00
Badminton 3:45 - 5:45			Member Family Swim 1:00 - 2:00	

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.

March Break 2023

SWIMMING LESSONS & REGULAR CHILD & YOUTH PROGRAMS will resume on March 20th

Facility Hours	Play Centre: Childminding (0-3 years)
Monday - Friday 6am - 10pm	Tuesdays & Thursdays 9:00-10:15am
Saturday & Sunday 8am - 6pm	10:30-11:45am
Drop In Group Fitness	10 visit punch card: \$70 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 Recreational Sports	Sauna & whirlpool closed during Swim Lessons Whirlpool closed on Sundays for cleaning