



LES CHATER FAMILY YMCA - Schedule At A Glance

March 6 - April 1, 2023

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		TRX 10:15 - 11:00		Public Open Swim / Public Lane (2) 10:00 - 12:00			
10:30 AM							
11:00 AM		Pilates 11:15 - 12:00	YThrive "Begin" Drop-In 1:00 - 1:45 (Fitness Floor)		Public Open Swim 11:00 - 12:00		
11:30 AM							
12:00 PM							
12:30 PM	Open Gym 12:30 - 4:00	GentleFit 1:00 - 1:45	<i>see a Membership Associate for more information</i>	Member Lane Swim 1:00 - 3:45			
1:00 PM		GERAS Dance 2:00 - 3:00					
1:30 PM							
2:00 PM							
2:30 PM		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		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) 5:30 - 6:30	CycleFit 5:45 - 6:30	Art Spark (3-5 yrs) 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 7:00 - 9:00		
7:30 PM							
8:00 PM					Public Open Swim / Lane Swim (2) 7:35 - 9:00		
8:30 PM							
9:00 PM							
10:00 PM							

Tuesday						
	Gym	Studio	Community Room	Lap Pool	Leisure Pool	
6:00 AM						
6:30 AM	Open Gym 6:00 - 4:00	HIIT 6:30 - 7:00		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			CycleFit 9:30 - 10:15		AquaFit 9:00 - 9:45	
9:30 AM					Hydrotherapy 10:00 - 10:45	
10:00 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
10:30 AM			Zumba Gold 11:00 - 11:45			
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM		Optimal Fitness 1:30-2:30		Member Lane Swim 1:00 - 3:45		
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Soccer (6-12 yrs) 4:30 - 5:30		YMCA Architeers (3-5 yrs) 4:30-5:15	Swim Lessons 4:00 - 7:00		
5:00 PM						
5:30 PM	Soccer (3-5 yrs) 5:45 - 6:30		YMCA Achiteers (6-12 yrs) 5:30 - 6:30			
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			Member Open Swim / Lane Swim (2) 8:00 - 9:00		
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
10:00 PM						

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

Thursday						
	Gym	Studio	Community Room	Lap Pool	Leisure Pool	
6:00 AM	Open Gym 6:00 - 9:00			Public Lane Swim 6:00 - 8:45		
6:30 AM						
7:00 AM				Queenax 8:30 - 9:15 (Fitness Centre)		
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		Total Fit 9:30 - 10:15	Cycle Fit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45	
10:00 AM					Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
10:30 AM			Healthy Hearts 10:40 - 12:00			
11:00 AM						
11:30 AM	Pickleball 11:00 - 1:00					
12:00 PM						
12:30 PM						
1:00 PM				Lane Swim 1:00-2:15		
1:30 PM		Optimal Fitness 1:30-2:30		Public Open Swim / Lane Swim (2) 2:30-3:45		
2:00 PM	Open Gym 1:15 - 4:00					
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Floor Hockey (6-12 yrs) 4:30 - 5:30		Dance (3-5 yrs) 4:30 - 5:15	Swim Lessons 4:00 - 7:00		
5:00 PM						
5:30 PM	Soccer (3-5 yrs) 5:45 - 6:30	CycleFit 5:45 - 6:30	Dance (6-12 yrs) 5:30 - 6:30			
6:00 PM						
6:30 PM			Family Dance (3-9 yrs) 6:30 - 7:15			
7:00 PM	Member Basketball 6:45 - 9:30			AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00	
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						



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Friday						
	Gym	Studio	Community Room	Lap Pool	Leisure Pool	
6:00 AM	Open Gym 6:00 - 8:45			Member Lane Swim 6:00 - 6:45		
6:30 AM						
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				Public Open Swim / Lane Swim (2) 10:00 - 12:00	Public Open Swim 11:00 - 12:00	
10:30 AM	Open Gym 10:30 - 4:00	Pilates 11:15 - 12:00	YThrive "Balance" Drop-In 12:15 - 1:00 (Fitness Floor)			
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM			GentleFit 1:00 - 1:45	see a Membership Associate for more information	Member Lane Swim 1:00 - 3:45	
1:30 PM			GERAS Dance 2:00 - 3:00			
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		Youth Leadership Development (10-16 yrs) 5:30-7:30	Swim Lessons 4:00 - 7:00		
5:00 PM						
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			Adult Swim Lessons 7:00 - 7:30		
7:00 PM						
7:30 PM	Member Basketball 7:45 - 9:30			Public Open Swim 7:30 - 9:00	Public Open Swim 7:00 - 9:00	
8:00 PM						
8:30 PM						
9:00 PM						
10:00 PM						

Saturday							
	Gym	Studio	Community Room	Lap Pool	Leisure Pool		
8:00 AM	HIIT 8:15 - 9:00			Member Lane Swim 8:00 - 8:45			
8:30 AM							
9:00 AM	Sport Adventure (6-12 yrs) 9:15 - 10:15	CycleFit 9:15 - 10:00	YMCA Architeers (3-5 yrs) 9:15 - 10:00	Swim Lessons 9:00 - 12:30			
9:30 AM							
10:00 AM			YMCA Architeers (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) 11:30 - 12:30		Explorers (3-5 yrs) 11:30 - 12:15				
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 1:45 - 3:45						
2:00 PM							
2:30 PM							
3:00 PM					Public Open Swim / Lane Swim (2) 2:30 - 5:00	Public Open Swim 2:30 - 5:00	
3:30 PM							
4:00 PM							
4:30 PM	Open Gym 4:00 - 5:30						
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
Sauna & 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	
Drop In Recreational Sports	Daily YThrive Appointments Available for Members. Speak to a Membership Associate to Register!
Registered Aquatic Leadership Programs	

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			
8:30 AM							
9:00 AM	Karate Beginner (6-12 yrs) 9:15 - 10:00	CycleFit 9:00-9:45		Swim Lessons 9:00 - 12:30			
9:30 AM							
10:00 AM	Karate Beginner (6-12 yrs) 10:15 - 11:00	TRX 10:00 - 10:30					
10:30 AM							
11:00 AM	Karate Intermediate (6-12 yrs) 11:15 - 12:00	Yoga 10:45 - 11:45					
11:30 AM							
12:00 PM	Karate Beginner (6-12 yrs) 12:15 - 1:00						
12:30 PM							
1:00 PM	Karate Beginner (6-12 yrs) 1:15 - 2:00	Strength & Conditioning Jr. (10-12 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		Karate Advanced (6-12 yrs) 2:15 - 3:00	Aquatics Leadership Courses 2:00 - 6:00	Aquatics Leadership Courses 2:00 - 6:00			
2:30 PM	Basketball 2:15 - 4:00						
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.