



Les Chater Family YMCA - Schedule at a Glance

May 8 - July 2, 2023

MONDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00 - 8:45			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	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	Open Gym 10:30 - 4:00	Pilates 11:15 - 12:00				Public Open Swim 11:00 - 12:00
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM		GentleFit 1:00 - 1:45		Member Lane Swim 1:00 - 3:45		
2:00 PM						
2:30 PM		GERAS Dance 2:00 - 3:00				
3:00 PM						
3:30 PM						
4:00 PM		Optimal Fitness 3:45 - 4:45				
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		Zumba 6:45 - 7:30				
7:00 PM	Badminton 7:00 - 9:55			Adult Swim Lessons 7:00 - 7:30	Public Open Swim 7:00 - 9:00	
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

TUESDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00 - 10:45			Public Lane Swim 6:00 - 8:45		
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM		HIIT 6:30 - 7:00				
9:00 AM						
9:30 AM		Healthy Hearts 8:00 - 9:20		AquaFit 9:00 - 9:45		
10:00 AM						
10:30 AM		CycleFit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45		
11:00 AM	Pickleball 11:00 - 1:00	Zumba Gold 11:00 - 11:45	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						
1:00 PM	Open Gym 1:15 - 4:00	Optimal Fitness 1:30 - 2:30		Member Lane Swim 1:00 - 3:45		
1:30 PM						
2:00 PM						
2:30 PM		Fit for Function 3:00 - 4:00 (starting week of June 12)				
3:00 PM						
3:30 PM						
4:00 PM				Swim Lessons 4:00 - 7:00		
4:30 PM	Soccer (6-12 yrs) 4:30 - 5:30		YMCA Achiteers (3-5 yrs) 4:30 - 5:15			
5:00 PM		Yoga 5:00 - 6:00	YMCA Achiteers (6-12 yrs) 5:30 - 6:30			
5:30 PM	Soccer (3-5 yrs) 5:45 - 6:30					
6:00 PM						
6:30 PM		Cycle & Strength 6:15 - 7:15				
7:00 PM	Member Basketball 6:45 - 9:55	Back to Living Well 7:30 - 8:15 (starting week of June 5)		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00	
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

- Registered Programs
- Open Gym/ Open Swim
- Drop In Recreational Sports
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Public Open / Lane Swim



WEDNESDAY

	GYMNASIUM	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	Open Gym 10:15 - 12:45			Hydrotherapy 10:00 - 10:45	
10:30 AM					
11:00 AM			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	Back to Living Well 1:00 - 2:00 <small>(starting week of June 5)</small>		Member Lane Swim 1:00 - 3:45	
1:30 PM					
2:00 PM					
2:30 PM	Open Gym 2:00 - 4:00			Swim Lessons 4:00 - 7:00	
3:00 PM					
3:30 PM	Optimal Fitness 3:45 - 4:45				
4:00 PM					
4:30 PM	Basketball (6-12 yrs) 4:30 - 5:30	CycleFit 5:15 - 6:00 <small>(ending May 31)</small>	Art Spark (3-5 yrs) 4:30 - 5:15		
5:00 PM					
5:30 PM	Sports Adventure (3-5 yrs) 5:45 - 6:30	Zumba 6:10 - 6:55	Art Spark (6-12 yrs) 5:30 - 6:30		
6:00 PM					
6:30 PM					
7:00 PM	MuscleFit 6:45 - 7:30	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 - 9:55		Public Open Swim / Lane Swim (2) 8:00 - 9:00		
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

THURSDAY

	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM	Open Gym 6:00 - 9:15			Public Lane Swim 6:00 - 8:45	
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM	Healthy Hearts 8:00 - 9:20	Queenax 8:30 - 9:15 <small>(Fitness Centre)</small>		AquaFit 9:00 - 9:45	
9:00 AM					
9:30 AM	TotalFit 9:30 - 10:15	CycleFit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45	
10:00 AM					
10:30 AM	Pickleball 11:00 - 1:00	Healthy Hearts 10:40 - 12:00		Member Open Swim / Lane Swim (2) 11:00 - 12:00	
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM	Open Gym 1:15 - 4:00	Optimal Fitness 1:30 - 2:30		Public Lane Swim 1:00 - 2:15	
1:30 PM					
2:00 PM		Fit for Function 3:00 - 4:00 <small>(starting week of June 12)</small>		Public Open Swim / Lane Swim (2) 2:30 - 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		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					
7:00 PM	Member Basketball 6:45 - 9:55			AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
7:30 PM					
8:00 PM				Back to Living Well 7:30 - 8:30 <small>(starting week of June 5)</small>	
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

- Registered Programs
- Open Gym/ Open Swim
- Drop In Recreational Sports
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Public Open / Lane Swim



FRIDAY						
	GYMNASIUM	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				AquaFit 7:00 - 7:45		
7:00 AM				Member Open Swim 8:00 - 8:55		
7:30 AM				AquaFit 9:00 - 9:45		
8:00 AM						
8:30 AM						
9:00 AM	Strength & Conditioning 9:15 - 10:00	Stretch & Tone 9:15 - 10:00				
9:30 AM						
10:00 AM						
10:30 AM	Open Gym 10:15 - 4:00			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						
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		Back to Living Well 3:15 - 4:00 (starting week of June 5)				
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	Basketball Advanced (6-9 yrs) 5:45 - 6:45	Yoga 5:45 - 6:45	Youth Leadership Development (10-16 yrs) 5:30 - 7:30			
5:30 PM						
6:00 PM	Youth Leadership Development 6:45 - 7:30			Adult Swim Lessons 7:00 - 7:30	Public Open Swim 7:00 - 9:00	
6:30 PM				Public Open Swim 7:30 - 9:00		
7:00 PM						
7:30 PM	Member Basketball 7:45 - 9:55					
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

SATURDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	HIT 8:15 - 9:00			Member Lane Swim 8:00 - 8:45		
8:30 AM						
9:00 AM	Floor Hockey (6-12 yrs) 9:15 - 10:15	CycleFit 9:15 - 10:00	YMCA Achiteers (3-5 yrs) 9:15 - 10:00	Swim Lessons 9:00 - 12:30		
9:30 AM						
10:00 AM	Soccer (3-5 yrs) 10:30 - 11:15	Yoga 10:45 - 11:45	YMCA Achiteers (6-12 yrs) 10:15 - 11:15			
10:30 AM						
11:00 AM	Soccer Advanced (6-12 yrs) 11:30 - 12:30		Explorers (3-5 yrs) 11:30 - 12:15			
11:30 AM						
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						
3:30 PM				Public Open Swim / Lane Swim (2) 2:30 - 5:00	Public Open Swim 2:30 - 5:00	
4:00 PM	Open Gym 4:00 - 5:55					
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

- Registered Programs
- Open Gym/ Open Swim
- Drop In Recreational Sports
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Public Open / Lane Swim



SUNDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym 8:00 - 9:00			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		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		Karate Advanced (6-12 yrs) 2:15 - 3:00				
2:30 PM	Basketball 2:15 - 4:00		Aquatic Leadership Courses 2:00 - 6:00	Aquatic Leadership Courses 2:00 - 6:00		
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Badminton 4:15 - 5:55					
5:30 PM						
6:00 PM						

FACILITY HOURS

Mon-Fri: 6:00 am - 10:00 pm

Sat & Sun: 8:00 am - 6:00 pm

Holidays: 8:00 am - 4:00 pm

Sauna & whirlpool closed during Swim Lessons. Whirlpool closed on Sundays for cleaning.
Pool closes 60 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.

SWIM ADMISSION CRITERIA

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.