

Drop In Group Fitness

# **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					
6:30 AM	1				
7:00 AM	Open Gym			Member Lane Swim	
7:30 AM	6:00 - 8:45			6:00 - 8:45	
8:00 AM	-				
8:30 AM	-				
9:00 AM	HIIT	BodyFit		AquaFit	
9:30 AM	9:15 - 10:00	9:15 - 10:00		9:00-9:45	
		TRX			
10:00 AM		10:15 - 11:00		Dublic Open Swips / Dublic Lane (2)	
10:30 AM	-			Public Open Swim / Public Lane (2) 10:00 - 12:00	D. I.I O C
11:00 AM	_	Pilates 11:15 - 12:00		10.00 - 12.00	Public Open Swim 11:00 - 12:00
11:30 AM	_	11.13-12.00			11.00-12.00
12:00 PM	_				
12:30 PM	Open Gym	- 1-			
1:00 PM	10:30 - 4:00	GentleFit			
1:30 PM	10.50 7.00	1:00 - 1:45			
2:00 PM	_	GERAS Dance		Member Lane Swim	
2:30 PM		2:00 - 3:00		1:00-3:45	
3:00 PM					
3:30 PM		Optimal Fitness			
4:00 PM		3:45 - 4:45			
4:30 PM	Basketball (3-5 yrs)	3.13	Art Spark (6-12 yrs)		
5:00 PM	4:30 - 5:15		4:30 - 5:30	Swim Le	ssons
5:30 PM	Deal of III/C 42	CycleFit	Arr.C., 1 (2.5)	4:00 - 7	:00
6:00 PM	Basketball (6-12 yrs) 5:30 - 6:30	5:45 - 6:30	Art Spark (3-5 yrs) 5:45 - 6:30		
6:30 PM	5:30-6:30	Zumba	5:45-6:30		
7:00 PM		6:45 - 7:30		Adult Swim Lessons	
7:30 PM	-			7:00-7:30	
8:00 PM	-				Public Open Swim
8:30 PM	Badminton			Public Open Swim / Lane Swim (2)	7:00 - 9:00
9:00 PM	7:00 - 9:55			7:35 - 9:00	
9:30 PM	-				
	-				
10:00 PM					
			TUESDAY		
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM					
6:30 AM		HIIT			
7:00 AM		6:30 - 7:00		Public Lane Swim	
7:30 AM				6:00 - 8:45	
	Open Gym				
8:00 AM		Hoalthy Hoarts			
8:00 AM 8:30 AM	6:00 - 10:45	Healthy Hearts			
8:30 AM		8:00 - 9:20		AguaFit	
8:30 AM 9:00 AM		8:00-9:20		AquaFit 9:00-9:45	
8:30 AM 9:00 AM 9:30 AM		8:00-9:20 CycleFit		9:00 - 9:45	
8:30 AM 9:00 AM 9:30 AM 10:00 AM		8:00-9:20	O compa	9:00 - 9:45 Hydrotherapy	
8:30 AM 9:00 AM 9:30 AM 10:00 AM		8:00-9:20 CycleFit 9:30-10:15	Queenax 1030-1145	9:00 - 9:45 Hydrotherapy 10:00 - 10:45	Mombason
9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	6.00 - 10.45	8:00-9:20 CycleFit 9:30-10:15 Zumba Gold	10:30 - 11:15	9:00 - 9:45  Hydrotherapy 10:00 - 10:45  Member Open Swim / Lane Swim (2)	Member Open Swim
8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM	6:00 - 10:45 Pickleball	8:00-9:20 CycleFit 9:30-10:15		9:00 - 9:45 Hydrotherapy 10:00 - 10:45	Member Open Swim 11:00 - 12:00
8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM	6.00 - 10.45	8:00-9:20 CycleFit 9:30-10:15 Zumba Gold	10:30 - 11:15	9:00 - 9:45  Hydrotherapy 10:00 - 10:45  Member Open Swim / Lane Swim (2)	
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Public Open / Lane Swim

Registered Aquatic Leadership Programs



Drop In Group Fitness

Registered Aquatic Leadership Programs

			WEDNESDAY		
	Gymnasium	STUDIO	COMMUNITY ROOM	LAPPOOL	LEISURE POOL
6:00 AM		CycleFit			
6:30 AM		6:15 - 7:00			
7:00 AM	Open Gym 6:00 - 8:45			Member Lane Swim	
7:30 AM	6:00-8:45			6:00 - 8:45	
8:00 AM					
8:30 AM					
9:00 AM	MuscleFit	BodyFit		AquaFit	
9:30 AM	9:15 - 10:00	9:15-10:00		9:00 - 9:45	
10:00 AM				Hydrotherapy	
10:30 AM				10:00 - 10:45	
11:00 AM	Open Gym	Pilates		Public Open Swim / Lane Swim (2)	Public Open Swim
11:30 AM	10:15 - 12:45	11:15 - 12:00		11:00 - 12:00	11:00 - 12:00
12:00 PM					
12:30 PM					
1:00 PM	WalkFit	Back to Living Well			
1:30 PM	1:00 - 1:45	1:00-2:00			
		(starting week of June 5)		Member Lane Swim	
2:00 PM		(		1:00 - 3:45	
2:30 PM	Open Gym			1.00 3.13	
3:00 PM	2:00 - 4:00	0-1-15			
3:30 PM		Optimal Fitness 3:45 - 4:45			
4:00 PM	0.1.1.1/2.2				
4:30 PM	Basketball (6-12 yrs)	CycleFit	Art Spark (3-5 yrs)		
5:00 PM	4:30-5:30	5:15 - 6:00	4:30-5:15	Swim Le	
5:30 PM	Sports Adventure (3-5 yrs)	(ending May 31)	Art Spark (6-12 yrs)	4:00 -	7:00
6:00 PM	5:45 - 6:30	Zumba	5:30-6:30		
6:30 PM		6:10-6:55			
7:00 PM	MuscleFit	Yoga		AquaFit	
7:30 PM	6:45 - 7:30	7:15-8:15		7:00 - 7:45	Public Open Swim
8:00 PM		7115 6115		Public Open Swim / Lane Swim (2)	7:00 - 9:00
8:30 PM	Pickleball			8:00 - 9:00	7:00-9:00
9:00 PM	7:45 - 9:55			0.00 3.00	
0:30 DM	7.15 7.55				
9:30 PM					
10:00 PM					
			THURSDAY		
	GYMNASIUM	STUDIO	THURSDAY  COMMUNITY ROOM	LAPPOOL	LEISURE POOL
	GYMNASIUM	STUDIO		LAP POOL	LEISURE POOL
10:00 PM	GYMNASIUM	STUDIO		LAP POOL	LEISURE POOL
10:00 PM 6:00 AM	GYMNASIUM Open Gym	STUDIO		LAP POOL Public Lane Swim	LEISURE POOL
10:00 PM 6:00 AM 6:30 AM		STUDIO			LEISURE POOL
6:00 AM 6:30 AM 7:00 AM	Open Gym			Public Lane Swim	LEISURE POOL.
6:00 AM 6:30 AM 7:00 AM 7:30 AM	Open Gym	Healthy Hearts	COMMUNITY ROOM	Public Lane Swim	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	Open Gym			Public Lane Swim 6:00 - 8:45	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	Open Gym 6:00 - 9:15	Healthy Hearts 8:00-9:20	COMMUNITY ROOM  Queenax	Public Lane Swim	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Open Gym	Healthy Hearts	Queenax 8:30-9:15	Public Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45	LEISURE POOL
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6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Open Gym 6:00 - 9:15 TotalFit	Healthy Hearts 8:00-9:20 CycleFit 9:30-10:15 Healthy Hearts	Queenax 8:30-9:15	Public Lane Swim 6:00 - 8:45  AquaFit 9:00 - 9:45  Hydrotherapy 10:00 - 10:45	
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Public Open / Lane Swim



			FRIDAY		
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM	2111111111111	210210		Member Lane Swim	
6:30 AM				6:00 - 6:45	
7:00 AM	Open Gym			AquaFit	
7:30 AM	6:00 - 8:45			7:00 - 7:45	
8:00 AM				Member Open Swim	
8:30 AM				8:00-8:55	
9:00 AM	Strength & Conditioning	Stretch & Tone		AquaFit	
9:30 AM	9:15 - 10:00	9:15 - 10:00		9:00 - 9:45	
10:00 AM					
10:30 AM				Public Open Swim / Lane Swim (2) 10:00 - 12:00	
11:00 AM		Pilates			Public Open Swim
11:30 AM		11:15 - 12:00			11:00 - 12:00
12:00 PM					
12:30 PM	Open Gym 10:15-4:00				
1:00 PM		GentleFit			
1:30 PM		1:00 - 1:45			
2:00 PM		GERAS Dance		Member Lane Swim	
2:30 PM		2:00 - 3:00		1:00 - 3:45	
3:00 PM		Back to Living Well			
3:30 PM		3:15 - 4:00			
4:00 PM		(starting week of June 5)			
4:30 PM	Basketball Advanced (10-12 yrs)				
5:00 PM	4:30-5:30			Swim Lessons 4:00-7:00	
5:30 PM	Basketball Advanced (6-9 yrs)	Yoga		4:00 - 7	.00
6:00 PM	5:45 - 6:45	5:45 - 6:45	Youth Leadership Development		
6:30 PM	Youth Leadership Development 6:45 - 7:30		(10-16 yrs) 5:30 - 7:30	Add because	
7:00 PM	0.45 - 7.50		3.30-7.30	Adult Swim Lessons 7:00 - 7:30	
7:30 PM				7:00-7:50	Public Open Swim
8:00 PM 8:30 PM	Member Basketball			Public Open Swim	7:00 - 9:00
9:00 PM	7:45 - 9:55			7:30 - 9:00	
9:30 PM	71.5 255				
10:00 PM					
			SATURDAY		
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM	HIIT			Member Lane Swim	
8:30 AM	8:15 - 9:00			8:00 - 8:45	
9:00 AM	Floor Hockey (6-12 yrs)	CycleFit	YMCA Achiteers (3-5 yrs)		
9:30 AM	9:15 - 10:15	9:15 - 10:00	9:15 - 10:00		
10:00 AM	Society (2. Franch		VAACA Achite (C. 12)	Swim Lessons 9:00 - 12:30	
10:30 AM	Soccer (3-5 yrs) 10:30 - 11:15	Yoga	YMCA Achiteers (6-12 yrs) 10:15 - 11:15		
11:00 AM	10.50-11.15	10:45 - 11:45	10.15-11.15	9.00-	
11:30 AM	SAd		Fireless (2.5 m)		
12:00 PM	Soccer Advanced (6-12 yrs) 11:30 - 12:30		Explorers (3-5 yrs) 11:30 - 12:15		
12:30 PM	11.50-12.50		11.30-12.13		
1:00 PM		]		Manahar Open Suites (Large Suite (2)	Mamb an Out and Co. 1
1:30 PM		1		Member Open Swim / Lane Swim (2) 1:00 - 2:30	Member Open Swim 1:00 - 2:30
2:00 PM	Birthday Party			1.00 2.50	1.00 2.50
2:30 PM	1:45 - 3:45				
3:00 PM					
3:30 PM				Public Open Swim / Lane Swim (2)	Public Open Swim
4:00 PM		]		2:30 - 5:00	2:30 - 5:00
4:30 PM	Open Gym				
5:00 PM	4:00-5:55				
5:30 PM					
6:00 PM					



SUNDAY						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym			Member Lane Swim		
8:30 AM	8:00 - 9:00			8:00 - 8:45		
9:00 AM	Karate Beginner (6-12 yrs)	CycleFit				
9:30 AM	9:15 - 10:00	9:00 - 9:45		Swim Lessons 9:00 - 12:30		
10:00 AM	Karate Beginner (6-12 yrs)	TRX				
10:30 AM	10:15 - 11:00	10:00 - 10:30				
11:00 AM	Karate Intermediate (6-12 yrs)	Yoga				
11:30 AM	11:15 - 12:00	10:45 - 11:45				
12:00 PM	Karate Beginner (6-12 yrs)					
12:30 PM	12:15 - 1:00					
1:00 PM	- Karate Beginner (6-12 yrs)	Strength & Conditioning Jr. (10-12 yrs)		Member Family Open Swim / Lane	Member Family Open Swim	
1:30 PM	1:15 - 2:00	1:00-1:45		Swim (2) 1:00 - 2:00	1:00-2:00	
2:00 PM		Karate Advanced (6-12 yrs)				
2:30 PM	- Basketball	2:15 - 3:00		es Aquatic Leadership Courses		
3:00 PM	2:15 - 4:00					
3:30 PM	2.13 4.00		Aquatic Leadership Courses		ershin Courses	
4:00 PM			2:00 - 6:00	Aquatic Leadership Courses 2:00-6:00		
4:30 PM						
5:00 PM	Badminton					
5:30 PM	4:15 - 5:55					
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.