



Schedule at a Glance - Les Chater Family YMCA

January 5 - March 29, 2026 (updated February 1, 2026)

MONDAY					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM				Member Lane Swim 6:00-6:45	
6:30 AM				AquaFit 7:00-7:45	
7:00 AM	Open Gym 6:00-9:00			Member Open Swim 8:00-8:45	
7:30 AM				AquaFit 9:00-9:45	
8:00 AM				HydroTherapy 10:00-10:45	
8:30 AM				Public Open Swim / Lane Swim (2) 11:00-12:00	Public Open Swim 11:00-12:00
9:00 AM	HIIT 9:15-10:00	BodyFit 9:15-10:00			
9:30 AM		TRX 10:15-11:00			
10:00 AM					
10:30 AM					
11:00 AM	Pilates 11:15-12:15	GentleFit 11:15-12:00			
11:30 AM					
12:00 PM		Chair Yoga 12:15-1:00			Pool Deck Closed 12:00-1:00
12:30 PM					
1:00 PM	WalkFit 1:00-1:45				
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM	Open Gym 2:00-4:15				
3:30 PM					
4:00 PM					
4:30 PM	Basketball (3-5 yrs) 4:30-5:15				
5:00 PM					
5:30 PM	Basketball: Level 1 (6-9 yrs) 5:30-6:30	Cycle Fit 5:30-6:30	Discovery Den (3-5 yrs) 5:45-6:30		
6:00 PM					
6:30 PM		Zumba 6:45-7:30			
7:00 PM					
7:30 PM		Badminton 6:45-9:45	Yoga 7:45-8:45		
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					
6:30 AM					
7:00 AM		HIT 6:30-7:00			
7:30 AM					
8:00 AM	Open Gym 6:00-10:45				
8:30 AM					
9:00 AM					
9:30 AM		CycleFit 9:30-10:15			
10:00 AM					
10:30 AM		Healthy Hearts 10:35-10:55			
11:00 AM	Pickleball 11:00-1:30				
11:30 AM		Zumba Gold 11:00-11:45			
12:00 PM					
12:30 PM		Cognitive Groove - A (Research Study) 12:15-1:15			
1:00 PM					
1:30 PM		Cognitive Groove - B (Research Study) 1:30-2:30			
2:00 PM					
2:30 PM		Fit for Function 3:00-4:00			
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Soccer (3-5 yrs) 4:30-5:15				
5:00 PM					
5:30 PM	Soccer: Level 1 (6-9 yrs) 5:30-6:30	Strength & Conditioning 5:15-6:00			
6:00 PM					
6:30 PM		CycleFit 6:15-7:00			
7:00 PM					
7:30 PM		Youth Leadership Development (10-16 yrs) 5:15-7:15			
8:00 PM					
8:30 PM		Stretch & Mobility 7:15-8:15			
9:00 PM					
9:30 PM					
10:00 PM					

WEDNESDAY					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM					
6:30 AM		CycleFit 6:15-7:00			
7:00 AM	Open Gym 6:00-9:00				
7:30 AM					
8:00 AM					
8:30 AM		Muscle Fit 9:15-10:00			
9:00 AM					
9:30 AM		*NEW* CardioFit 10:15-11:00			
10:00 AM					
10:30 AM	Pilates 11:15-12:15	GentleFit 11:15-12:00			
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM		Balance + 12:15-1:00			
1:00 PM					
1:30 PM		WalkFit 1:00-1:45			
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Basketball: Level 2 (6-9 yrs) 4:30-5:30	Core 5:00-5:30			
5:00 PM					
5:30 PM	Soccer: Level 2 (6-9 yrs) 5:45-6:45	Zumba 6:15-6:55			
6:00 PM					
6:30 PM		Yoga 7:15-8:15			
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

THURSDAY					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
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					
10:30 AM					
11:00 AM	Pickleball 11:00-1:30	Queenax 8:45-9:30 (Fitness Centre)			
11:30 AM		AquaFit 9:00-9:45			
12:00 PM		HydroTherapy 10:00-10:45			
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Volleyball (6-9 yrs) 4:30-5:30				
5:00 PM					
5:30 PM	Volleyball (10-12 yrs) 5:45-6:45	Circuit 6:15-7:00			
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

FRIDAY					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					