



# Schedule at a Glance - Les Chater Family YMCA

## MARCH BREAK: March 16 - 22, 2026

MONDAY, MARCH 16, 2026						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00 - 9:00			Member Lane Swim 6:00 - 6:45		
6:30 AM				AquaFit 7:00 - 7:45		
7:00 AM					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		Aquatic Leadership Course 12:00 - 1:00		
9:30 AM		TRX 10:15 - 11:00		Aquatic Leadership Course 1:00 - 2:30		
10:00 AM		GentleFit 11:15 - 12:00		Member Lane Swim (2) 1:00 - 2:30		
10:30 AM		Chair Yoga 12:15 - 1:00		Member Open Swim / Lane Swim (2) 2:30 - 3:45	Member Open Swim 2:30 - 3:45	
11:00 AM	Pilates 11:15 - 12:15		CanWell 1:00 - 3:00 (Fitness Centre)	Aquatic Leadership Course 4:00 - 7:00		
11:30 AM				Aquatic Leadership Course 7:00 - 7:30		
12:00 PM			Home Alone Course (10 - 13 yrs) 1:00 - 5:00	Public Open Swim 7:30 - 8:55	Public Open Swim 7:00 - 8:55	
12:30 PM				Public Lane Swim 9:00 - 9:45		
1:00 PM	WalkFit 1:00 - 1:45					
1:30 PM						
2:00 PM						
2:30 PM	Open Gym 2:00 - 4:15					
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Child & Youth Make-up Classes 4:30 - 6:30					
5:00 PM						
5:30 PM		CycleFit 5:30 - 6:30				
6:00 PM		Zumba 6:45 - 7:30				
6:30 PM		Yoga 7:45 - 8:45				
7:00 PM						
7:30 PM	Badminton 6:45 - 9:45					
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TUESDAY, MARCH 17, 2026						
	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			HIIT 6:30 - 7:00			
7:30 AM						
8:00 AM						
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9:30 AM						
10:00 AM		CycleFit 9:30 - 10:15				
10:30 AM		Healthy Hearts 10:35 - 10:55				
11:00 AM		Zumba Gold 11:00 - 11:45				
11:30 AM	Pickleball 11:00 - 1:30		Queenax 10:30 - 11:15 (Fitness Centre)	Aquatic Leadership Course 12:00 - 1:00		
12:00 PM				Aquatic Leadership Course 1:00 - 2:30		
12:30 PM				Public Lane Swim (2) 1:00 - 2:30		
1:00 PM				Public Open Swim / Lane Swim (2) 2:30 - 3:45	Public Open Swim 2:30 - 3:45	
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM			Babysitting Course - Day 1 (12 - 15 yrs) 1:00 - 5:00			
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM		Strength & Conditioning 5:15 - 6:00				
6:00 PM		CycleFit 6:15 - 7:00				
6:30 PM		Stretch & Mobility 7:15 - 8:15				
7:00 PM	Member Basketball 5:00 - 9:45					
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WEDNESDAY, MARCH 18, 2026						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00 - 9:00	CycleFit 6:15 - 7:00		Member Lane Swim 6:00 - 8:45		
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
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9:00 AM		Muscle Fit 9:15 - 10:00				
9:30 AM		Low Impact 9:15 - 10:00				
10:00 AM		CardioFit 10:15 - 11:00				
10:30 AM		Pilates 11:15 - 12:15				
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THURSDAY, MARCH 19, 2026						
	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						
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FRIDAY, MARCH 20, 2026						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00 - 9:00			Member Lane Swim 6:00 - 6:45		
6:30 AM				AquaFit 7:00 - 7:45		
7:00 AM					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	
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SATURDAY, MARCH 21, 2026					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM				Member Lane Swim 8:00 - 8:45	
8:30 AM					
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SWIM ADMISSION CRITERIA					
<b>Children ages 0 - 5:</b> Must be directly supervised by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times. Maximum ratio: 2 children: 1 adult					
<b>Children ages 6 - 9:</b> [Unable to pass swim test] Must be accompanied by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times. <b>Maximum ratio: 3 children: 1 adult</b> [Able to pass swim test] Must be supervised by a parent/guardian (min. 16 years of age) in the pool area (visual contact). Can swim in both pools. Maximum ratio: 3 children: 1 adult					
<b>Youth ages 10 - 15:</b> Must pass a swim test to access deep water. If they do not pass, they must stay in the shallow water.					

FACILITY HOURS					
Monday - Friday: 6:00am - 10:00pm					
Saturday & Sunday: 8:00am - 6:00pm					
Holidays: 8:00am - 4:00pm (times may vary, check in branch)					

SUNDAY, MARCH 22, 2026						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym 8:00 - 4:00			Member Lane Swim 8:00 - 8:45		
8:30 AM						
9:00 AM						
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The swim test must be demonstrated at each visit to the YMCA.  
At any time, lifeguards may ask for a demonstration of participants swimming ability if they feel there is a question of the participant's safety.

**Sauna & whirlpool closed during Swim Lessons**  
**Whirlpool closed Sundays for cleaning**  
**Members have 10 minutes after closing time to gather belongings**

Child & Youth Programs (Registered)	Member Swim	Recreational Sports (Drop In)	LiveWell Programs (Drop In)
Group Fitness (Drop In)	Public Swim	LiveWell Programs (Registered) Medical Referral Required	