



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		Aquatic Leadership Course 12:00-1:00		
9:30 AM		BodyFit 9:15-10:00				
10:00 AM		TRX 10:15-11:00				
10:30 AM						
11:00 AM		Pilates 11:15-12:15				
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1:00 PM			CanWell 1:00-3:00 (Fitness Centre)			
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4:00 PM			Home Alone Course (10-13 yrs) 1:00-5:00			
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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		
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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			Member Lane Swim 6:00-8:45		
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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		
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FRIDAY, MARCH 20, 2026						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
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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	
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SWIM ADMISSION CRITERIA

Children ages 0 - 5:
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

Children ages 6 - 9:
[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.
Maximum ratio: 3 children: 1 adult
[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

Youth ages 10 - 15:
Must pass a swim test to access deep water. If they do not pass, they must stay in the shallow water.

What is the Facility Swim Test?
To enter deep water and/or swim independently, swimmers must:

- 25-meter non-stop front swim
- 30 second tread in deep end
- Adult swim test: discretion of the lifeguard

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.

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)

Sauna & whirlpool closed during Swim Lessons

Whirlpool closed Sundays for cleaning

Members have 10 minutes after closing time to gather belongings

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		
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■ 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