



Schedule at a Glance - Les Chater Family YMCA

January 5 - March 29, 2026 (updated February 11, 2026)

MONDAY						
	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				
9:30 AM		TRX 10:15-11:00				
10:00 AM		GentleFit 11:15-12:00				
10:30 AM		Chair Yoga 12:15-1:00				
11:00 AM	Pilates 11:15-12:15					
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	WalkFit 1:00-1:45		CanWell 1:00-3:00 (Fitness Centre)	Member Lane Swim 1:00-3:45		
1:30 PM						
2:00 PM	Open Gym 2:00-4:15					
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Basketball (3-5 yrs) 4:30-5:15					
5:00 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	Swim Lessons 4:00-7:00		
5:30 PM						
6:00 PM		Zumba 6:45-7:30		Adult Swim Lessons 6:55-7:25	Public Open Swim 7:00-8:55	
6:30 PM		Yoga 7:45-8:45				
7:00 PM						
7:30 PM	Badminton 6:45-9:45					
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	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						
8:30 AM						
9:00 AM				AquaFit 9:00-9:45		
9:30 AM				HydroTherapy 10:00-10:45		
10:00 AM		CycleFit 9:30-10:15		*NEW* Member Open Swim / Lane Swim (2) 11:00-12:55	Member Open Swim 11:00-12:00	
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)	Public Lane Swim 1:00-3:45		
12:00 AM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM	Open Gym 1:45-4:15					
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Soccer (3-5 yrs) 4:30-5:15					
5:00 PM	Soccer: Level 1 (6-9 yrs) 5:30-6:30	Strength & Conditioning 5:15-6:00	Youth Leadership Development (10-16 yrs) 5:15-7:15	Swim Lessons 4:00-7:00		
5:30 PM						
6:00 PM	Youth Leadership Development 6:30-7:15	CycleFit 6:15-7:00				
6:30 PM		Stretch & Mobility 7:15-8:15				
7:00 PM				AquaFit 7:00-7:45	Member Open Swim 7:00-8:55	
7:30 PM				Member Open Swim / Lane Swim (2) 7:55-8:55		
8:00 PM						
8:30 PM	Member Basketball 7:15-9:45					
9:00 PM						
9:30 PM						
10:00 PM						

WEDNESDAY						
	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						
8:30 AM						
9:00 AM		Muscle Fit 9:15-10:00				
9:30 AM		Low Impact 9:15-10:00				
10:00 AM		*NEW* CardioFit 10:15-11:00				
10:30 AM		Pilates 11:15-12:15				
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	WalkFit 1:00-1:45			Member Lane Swim 1:00-3:45		
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	Basketball: Level 2 (6-9 yrs) 4:30-5:30		Discovery Den (3-5 yrs) 4:30-5:15			
5:00 PM	Soccer: Level 2 (6-9 yrs) 5:45-6:45	Core 5:00-5:30	Discovery Den (6-12 yrs) 5:30-6:30	Swim Lessons 4:00-7:00		
5:30 PM		Zumba 6:15-6:55				
6:00 PM		Yoga 7:15-8:15				
6:30 PM						
7:00 PM	Member Pickleball 7:00-9:45			AquaFit 7:00-7:45	Public Open Swim 7:00-7:55	
7:30 PM						
8:00 PM				Public Open Swim 7:55-8:55		
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 6:00-10:45			Public Lane Swim 6:00-8:45		
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM				Queenax 8:45-9:30 (Fitness Centre)		
8:30 AM				AquaFit 9:00-9:45		
9:00 AM				HydroTherapy 10:00-10:45		
9:30 AM		CycleFit 9:30-10:15				
10:00 AM		Healthy Hearts 10:35-10:55		*NEW* Member Open Swim / Lane Swim (2) 11:00-12:55	Member Open Swim 11:00-12:00	
10:30 AM		Chair Yoga 11:15-12:00				
11:00 AM						
11:30 AM	Pickleball 11:00-1:30			Public Lane Swim 1:00-2:30		
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM	Open Gym 1:45-4:15			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	Volleyball (6-9 yrs) 4:30-5:30		Youth Sports Conditioning (10-13 yrs) 4:30-5:30 (Fitness Centre)	Swim Lessons 4:00-7:00		
5:00 PM	Volleyball (10-12 yrs) 5:45-6:45		Dance (3-5 yrs) 4:45-5:30			
5:30 PM			Dance (6-9 yrs) 5:45-6:30			
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM	Member Basketball 7:00-9:45			AquaFit 7:00-7:45	Member Open Swim 7:00-8:55	
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	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						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Open Gym 2:45-4:15			Member Lane Swim 1:00-3:45		
3:30 PM						
4:00 PM						
4:30 PM	Basketball (10-12 yrs) 4:30-5:30					
5:00 PM	Soccer (10-12 yrs) 5:45-6:45					
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM	Member Basketball 7:00-9:45					
7:30 PM						
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				Member Lane Swim 8:00-8:45	
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
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4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					

SUNDAY					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM				Member Lane Swim 8:00-8:45	
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
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3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					

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

 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	