



# Schedule at a Glance - Les Chater Family YMCA

January 5 - March 29, 2026 (updated March 17)

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						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Pickleball 11:00-1:30					
12:30 PM						
1:00 PM			Queenax 10:30-11:15 (Fitness Centre)			
1:30 PM						
2:00 PM	Open Gym 1:45-4:15					
2:30 PM						
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						
7:30 PM						
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						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	WalkFit 1:00-1:45					
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: Level 2 (6-9 yrs) 4:30-5:30					
5:00 PM	Soccer: Level 2 (6-9 yrs) 5:45-6:45	Core 5:00-5:30	Discovery Den (3-5 yrs) 4:30-5:15	Swim Lessons 4:00-7:00		
5:30 PM		Zumba 6:15-6:55	Discovery Den (6-12 yrs) 5:30-6:30			
6:00 PM						
6:30 PM						
7:00 PM	Member Pickleball 7:00-9:45	Yoga 7:15-8:15				
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	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						
8:30 AM			Queenax 8:45-9:30 (Fitness Centre)			
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM	Pickleball 11:00-1:30					
1:00 PM						
1:30 PM						
2:00 PM	Open Gym 1:45-4:15					
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	Volleyball (10-12 yrs) 5:45-6:45					
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM	Member Basketball 7:00-9:45					
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	
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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					
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4:30 PM					
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5:30 PM					
6:00 PM					

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. 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	
<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					
	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					
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5:00 PM					
5:30 PM					
6:00 PM					

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	