

# Les Chater Family YMCA - Schedule at a Glance

March 3 - May 4, 2025

Shine On

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 - 8:55		
7:30 AM				AquaFit 9:00 - 9:45		
8:00 AM				HydroTherapy 10:00 - 10:45		
8:30 AM						
9:00 AM	HIIT 9:15 - 10:00	BodyFit 9:15 - 10:00				
9:30 AM		TRX 10:15 - 11:00				
10:00 AM	Open Gym 10:30 - 4:15	Pilates 11:15 - 12:00		Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00	
10:30 AM		GentleFit 12:15 - 1:00				
11:00 AM			Chair Yoga 1:15 - 2:00	CanWell 1:00 - 3:00 (Fitness Centre)		
11:30 AM			GERAS Dance 2:15 - 3:00		Member Lane Swim 1:00 - 3:45	
12:00 PM						
12:30 PM			Optimal Fitness (Group A) 3:15 - 4:15			
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Basketball: Level 1 (3 - 5 yrs) 4:45 - 5:30		Brain Builders (6 - 12 yrs) 4:45 - 5:45	Swim Lessons 4:00 - 7:00		
5:00 PM			Brain Builders (3 - 5 yrs) 6:00 - 6:45			
5:30 PM	Basketball: Level 1 (6 - 12 yrs) 5:45 - 6:45	Cycle & Strength 5:30 - 6:30				
6:00 PM		Zumba 6:45 - 7:30		Adult Swim Lessons 6:55 - 7:25		
6:30 PM		Yoga 7:45 - 8:45		Public Open Swim 7:30 - 9:00	Public Open Swim 7:00 - 9:00	
7:00 PM	Badminton 7:00 - 9:45					
7:30 PM						
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					
6:30 AM			HIIT 6:30 - 7:00		Public Lane Swim 6:00 - 8:45	
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM					AquaFit 9:00 - 9:45	
9:30 AM			CycleFit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45	
10:00 AM			Healthy Hearts 10:35 - 10:55	Queenax 10:30 - 11:15 (Fitness Centre)	Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
10:30 AM			Zumba Gold 11:00 - 11:45			
11:00 AM	Pickleball 11:00 - 1:30					
11:30 AM		Optimal Fitness (Group B) 12:15 - 1:15				
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM	Open Gym 1:45 - 4:15			Public Lane Swim 1:00 - 3:45		
2:00 PM						
2:30 PM			Fit for Function 3:00 - 4:00			
3:00 PM			Back to Living Well 4:00 - 5:00			
3:30 PM						
4:00 PM						
4:30 PM	Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30	Strength & Conditioning 5:15 - 6:00	Move It (6 - 12 yrs) 4:45 - 5:45	Swim Lessons 4:00 - 7:00		
5:00 PM			Move It (3 - 5 yrs) 6:00 - 6:45			
5:30 PM	Soccer: Level 1 (6 - 12 yrs) 5:45 - 6:45	CycleFit 6:15 - 7:00				
6:00 PM		ViPR Pro 7:15 - 8:00		AquaFit 7:00 - 7:45		
6:30 PM				Member Open Swim / Lane Swim (2) 7:55 - 8:55	Member Open Swim 7:00 - 9:00	
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				Member Lane Swim 9:00 - 9:45		

- Registered Programs
- Open Gym/ Open Swim
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Drop In Recreational Sports
- Public Open / Lane Swim

# Les Chater Family YMCA - Schedule at a Glance

## March 3 - May 4, 2025

Shine On

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	MuscleFit 9:15 - 10:00	Low Impact 9:15 - 10:00		AquaFit 9:00 - 9:45	
9:30 AM					
10:00 AM		Bands, Bosu & Balls 10:15 - 11:00		Hydrotherapy 10:00 - 10:45	
10:30 AM					
11:00 AM	Balance + 11:15 - 12:15	Pilates 11:15 - 12:00	Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00	
11:30 AM					
12:00 PM					
12:30 PM		ViPR Pro 12:30 - 1:15			
1:00 PM	WalkFit 1:00 - 1:45			Member Lane Swim 1:00 - 3:45	
1:30 PM					
2:00 PM	Open Gym 2:00 - 4:15	Optimal Fitness (Group A) 3:15 - 4:15	Art-Ventures (3 - 5 yrs) 5:00 - 5:45		Swim Lessons 4:00 - 7:00
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Basketball: Level 2 (6 - 12 yrs) 4:45 - 5:45			Art-Ventures (6 - 12 yrs) 6:00 - 7:00	
5:00 PM					
5:30 PM					
6:00 PM	Soccer: Level 2 (6 - 12 yrs) 6:00 - 7:00	Zumba 6:10 - 6:55			
6:30 PM					
7:00 PM	Pickleball 7:15 - 9:45	Yoga 7:15 - 8:15		AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 9:00
7:30 PM					
8:00 PM					
8:30 PM				Public Open Swim / Lane Swim (2) 8:00 - 9:00	
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)	AquaFit 9:00 - 9:45	
9:00 AM					
9:30 AM		CycleFit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45	
10:00 AM					
10:30 AM		Healthy Hearts 10:35 - 10:55		Member Open Swim / Lane Swim (2) 11:00 - 12:00	
11:00 AM					
11:30 AM	Pickleball 11:00 - 1:30	Chair Yoga 11:15 - 12:00			
12:00 PM					
12:30 PM		Optimal Fitness (Group B) 12:15 - 1:15		Public Lane Swim 1:00 - 2:30	
1:00 PM					
1:30 PM	Open Gym 1:45 - 4:15		Back to Living Well (Education Session) 4:15 - 4:45	Public Open Swim / Lane Swim (2) 2:30 - 3:45	Swim Lessons 4:00 - 7:00
2:00 PM					
2:30 PM					
3:00 PM		Fit for Function 3:00 - 4:00	Dance (3 - 5 yrs) 4:45 - 5:30		
3:30 PM					
4:00 PM					
4:30 PM	Volleyball: Level 1 (6 - 12 yrs) 4:45 - 5:45	Strength & Conditioning Jr. (10 - 13 yrs) 4:30 - 5:30	Dance (6 - 12 yrs) 5:45 - 6:30		
5:00 PM					
5:30 PM					
6:00 PM	Volleyball: Level 2/3 (8 - 12 yrs) 6:00 - 7:00	Back to Living Well 4:45 - 5:30		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
6:30 PM					
7:00 PM	Member Basketball 7:15 - 9:45	CycleFit 5:45 - 6:30		Member Open Swim / Lane Swim (2) 7:55 - 8:55	
7:30 PM					
8:00 PM					
8:30 PM			CoreExpress 6:40 - 7:10		Member Lane Swim 9:00 - 9:45
9:00 PM					
9:30 PM					
10:00 PM					

Registered Programs
  Open Gym/ Open Swim
  Drop In Recreational Sports
  Drop In Group Fitness
  Registered Aquatic Leadership Programs
  Public Open / Lane Swim

# Les Chater Family YMCA - Schedule at a Glance

March 3 - May 4, 2025

Shine On

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						
7:00 AM					AquaFit 7:00 - 7:45	
7:30 AM						
8:00 AM			Yoga 8:00 - 9:00		Member Open Swim 8:00 - 8:55	
8:30 AM						
9:00 AM	Strength & Conditioning 9:15 - 10:00	BodyFit 9:15 - 10:00		AquaFit 9:00 - 9:45		
9:30 AM						
10:00 AM				Public Open Swim / Lane Swim (2) 10:00 - 12:00	Public Open Swim 10:00 - 12:00	
10:30 AM						
11:00 AM	Balance + 11:15 - 12:15	Pilates 11:15 - 12:00				
11:30 AM						
12:00 PM		GERAS Dance 12:15 - 1:00				
12:30 PM	Pickleball 12:30 - 2:00					
1:00 PM			GentleFit 1:15 - 2:00	CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45	
1:30 PM						
2:00 PM	Open Gym 2:15 - 4:00					
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM				Swim Lessons 4:00 - 7:00		
4:30 PM	Basketball: Level 3 (8 - 12 yrs) 4:30 - 5:30					
5:00 PM						
5:30 PM	Soccer: Level 3 (8 - 12 yrs) 5:45 - 6:45	Yoga 5:45 - 6:45	Youth Leadership Development (10 - 16 yrs) 5:30 - 7:30			
6:00 PM						
6:30 PM	Youth Leadership Development (10 - 16 yrs) 6:45 - 7:30					
7:00 PM				Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 9:00	
7:30 PM						
8:00 PM	Member Basketball 7:45 - 9:45			Public Open Swim 7:30 - 9:00		
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

SATURDAY					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM	HIIT 8:15 - 9:00			Member Lane Swim 8:00 - 8:45	
8:30 AM					
9:00 AM	Sports Adventure (6 - 12 yrs) 9:15 - 10:15	CycleFit 9:15 - 10:00		Swim Lessons 9:00 - 12:30	
9:30 AM					
10:00 AM					
10:30 AM	Sports Adventure (3 - 5 yrs) 10:30 - 11:15	Yoga 10:45 - 11:45			
11:00 AM					
11:30 AM	Dodgeball (8 - 12 yrs) 11:30 - 12:30				
12:00 PM		Zumba 12:00 - 12:45			
12:30 PM					
1:00 PM			Birthday Party 1:00 - 4:00	Member Open Swim / Lane Swim (2) 1:00 - 2:30	Member Open Swim 1:00 - 2:30
1:30 PM	Birthday Party 1:30 - 3:00				
2:00 PM					
2:30 PM				Public Open Swim / Lane Swim (2) 2:30 - 5:00	Public Open Swim 2:30 - 5:00
3:00 PM	Open Gym 3:15 - 5:45				
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					

# Les Chater Family YMCA - Schedule at a Glance

March 3 - May 4, 2025

Shine On

SUNDAY									
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL				
8:00 AM	Open Gym 8:00 - 9:00			Member Lane Swim 8:00 - 8:45					
8:30 AM									
9:00 AM	Karate Beginner (6 - 12 yrs) 9:15 - 10:00	CycleFit 9:00 - 9:45	S.T.E.A.M (3 - 5 yrs) 9:15 - 10:00	Swim Lessons 9:00 - 12:30					
9:30 AM									
10:00 AM	Karate Beginner (6 - 12 yrs) 10:15 - 11:00	TRX 10:00 - 10:30	S.T.E.A.M (6 - 12 yrs) 10:15 - 11:15			Swim Lessons 9:00 - 12:30			
10:30 AM									
11:00 AM	Karate Inter./Adv. (6 - 12 yrs) 11:15 - 12:00	Yoga 10:45 - 11:45						Swim Lessons 9:00 - 12:30	
11:30 AM									
12:00 PM	Karate Inter./Adv. (6 - 12 yrs) 12:15 - 1:00			Swim Lessons 9:00 - 12:30					
12:30 PM									
1:00 PM	Karate Teen (13 - 16 yrs) 1:15 - 2:00					Member Open Swim / Lane Swim (2) 1:00 - 2:00	Member Open Swim 1:00 - 2:00		
1:30 PM									
2:00 PM	Open Gym 2:15 - 4:00		Aquatic Leadership Courses 2:00 - 6:00						
2:30 PM									
3:00 PM									
3:30 PM						Aquatic Leadership Courses 2:00 - 6:00			
4:00 PM	Badminton 4:15 - 5:45								
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM									

- Registered Programs
- Open Gym/ Open Swim
- Drop In Recreational Sports
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Public Open / Lane Swim

## FACILITY HOURS

Mon-Fri: 6:00 am - 10:00 pm

Sat & Sun: 8:00 am - 6:00 pm

Holidays: 8:00 am - 2:00 pm

Sauna & whirlpool closed during Swim Lessons. Whirlpool closed on Sundays for cleaning.  
Pool closes 60 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.

## SWIM ADMISSION CRITERIA

### Children ages 0 – 6:

An adult parent or guardian (14 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children.

### Children ages 7 – 9:

Children at this age may attempt an in-centre swim test conducted by a YMCA lifeguard. If they pass the test, they can swim on their own while a parent or guardian (14 years of age or older) actively supervises from the pool deck. If they do not pass the test, an adult parent or guardian (14 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children.

### Youth and adults 10 years and over:

Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.

### What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- Show comfort in the water and
- Swim 2 widths of continuous front crawl in shallow water.

The swim test must be demonstrated at each visit to the YMCA. At any time, lifeguards may ask for a demonstration of swimming ability if they feel there is a question of the participant's safety.