

Les Chater Family YMCA - Schedule at a Glance

July 1 - September 8, 2024

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 - 8:45 | | |
| 6:30 AM | | | | | | |
| 7:00 AM | | | | | | |
| 7:30 AM | | | | | | |
| 8:00 AM | | | | | | |
| 8:30 AM | | | | | | |
| 9:00 AM | HIIT 9:15 - 10:00 | BodyFit 9:15 - 10:00 | | AquaFit 9:00 - 9:45 | | |
| 9:30 AM | | | | | | |
| 10:00 AM | | TRX 10:15 - 11:00 | | HydroTherapy 10:00 - 10:45 | | |
| 10:30 AM | Open Gym 10:30 - 4:15 | | | | | |
| 11:00 AM | | Pilates 11:15 - 12:00 | Explorers (3 - 5 yrs) 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 | | | | Aquatic Leadership Course 12:00 - 1:00 | | |
| 12:30 PM | | | | | | |
| 1:00 PM | | | Chair Yoga 12:15 - 1:00 | | Aquatic Leadership Course 1:00 - 2:30 | |
| 1:30 PM | | | GentleFit 1:15 - 2:00 | | Member Lane Swim (2) 1:00 - 2:30 | |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | | Member Open Swim / Lane Swim (2) 2:30 - 3:45 | Member Open Swim 2:30 - 3:45 |
| 3:00 PM | | | | | | |
| 3:30 PM | | Optimal Fitness 3:15 - 4:15 | | | | |
| 4:00 PM | | | | Swim Lessons 4:00 - 7:00 | | |
| 4:30 PM | Basketball: Level 1 (3 - 5 yrs) 4:45 - 5:30 | | Architeers (6 - 12 yrs) 4:45 - 5:45 | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | Basketball: Level 1 (6 - 12 yrs) 5:45 - 6:45 | Cycle & Strength 5:30 - 6:30 | Architeers (3 - 5 yrs) 6:00 - 6:45 | | | |
| 6:00 PM | | Zumba 6:45 - 7:30 | | | | |
| 6:30 PM | | | | Adult Swim Lessons 6:55 - 7:25 | Public Open Swim 7:00 - 9:00 | |
| 7:00 PM | Badminton 7:00 - 9:45 | | | Public Open Swim / Lane Swim (2) 7:30 - 9:00 | | |
| 7:30 PM | | | ViPR PRO 7:45 - 8:30 | | | |
| 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 | | | HIIT 6:30 - 7:00 | | | |
| 7:00 AM | | | | | | |
| 7:30 AM | | | | | | |
| 8:00 AM | | | Healthy Hearts 8:00 - 9:20 | | | |
| 8:30 AM | | | | | AquaFit 9:00 - 9:45 | |
| 9:00 AM | | | CycleFit 9:30 - 10:15 | | Hydrotherapy 10:00 - 10:45 | |
| 9:30 AM | | | | | | |
| 10:00 AM | | | Zumba Gold 11:00 - 11:45 | | Member Open Swim / Lane Swim (2) 11:00 - 12:00 | Member Open Swim 11:00 - 12:00 |
| 10:30 AM | | | | Queenax 10:30 - 11:15 (Fitness Centre) | | |
| 11:00 AM | Pickleball 11:00 - 1:30 | | | Aquatic Leadership Course 12:00 - 1:00 | | |
| 11:30 AM | | Healthy Hearts 10:40 - 12:00 | | | | |
| 12:00 PM | | | | Aquatic Leadership Course 1:00 - 2:30 | | |
| 12:30 PM | | | | Public Lane Swim (2) 1:00 - 2:30 | | |
| 1:00 PM | Open Gym 1:45 - 3:00 | Optimal Fitness 1:30 - 2:30 | | | | |
| 1:30 PM | | | | Public Open Swim / Lane Swim (2) 2:30 - 3:45 | Public Open Swim 2:30 - 3:45 | |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | | | |
| 3:00 PM | Sports - Skills & Drills (6 - 12 yrs) 3:30 - 4:30 | Fit for Function 3:00 - 4:00 | | | | |
| 3:30 PM | | | Back to Living Well 4:00 - 5:00 | | | |
| 4:00 PM | | | | Swim Lessons 4:00 - 7:00 | | |
| 4:30 PM | Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30 | Yoga 5:00 - 6:00 | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | Soccer: Level 1 (6 - 12 yrs) 5:45 - 6:45 | | | | | |
| 6:00 PM | | | | | | |
| 6:30 PM | | CycleFit 6:15 - 7:00 | | | | |
| 7:00 PM | Member Basketball 7:00 - 9:45 | | | AquaFit 7:00 - 7:45 | Member Open Swim 7:00 - 9:00 | |
| 7:30 PM | | | | Member Open Swim / Lane Swim (2) 8:00 - 9:00 | | |
| 8:00 PM | | | | | | |
| 8:30 PM | | | | | | |
| 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

July 1 - September 8, 2024

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 | Sports Adventure (6 - 12 yrs) 10:15 - 11:15 | Pilates 11:15 - 12:00 | | Build It - (6 - 12 yrs) 11:30 - 12:30 | | Hydrotherapy 10:00 - 10:45 |
| 10:30 AM | | | | | | |
| 11:00 AM | Open Gym 11:30 - 12:45 | | | Public Open Swim / Lane Swim (2) 11:00 - 12:00 | Public Open Swim 11:00 - 12:00 | |
| 11:30 AM | | | | | | |
| 12:00 PM | WalkFit 1:00 - 1:45 | | | Aquatic Leadership Course 12:00 - 1:00 | | |
| 12:30 PM | | | | | | |
| 1:00 PM | Open Gym 2:00 - 3:00 | Optimal Fitness 2:00 - 3:00 | | Aquatic Leadership Course 1:00 - 2:30 | | |
| 1:30 PM | | | | | | |
| 2:00 PM | Sports - Skills & Drills (6 - 12 yrs) 3:30 - 4:30 | Optimal Fitness 3:15 - 4:15 | | Member Lane Swim (2) 1:00 - 2:30 | | |
| 2:30 PM | | | | | | |
| 3:00 PM | Basketball: Level 2 (6 - 12 yrs) 4:45 - 5:45 | ViPR Pro 5:15 - 6:00 | | Member Open Swim / Lane Swim (2) 2:30 - 3:45 | | Member Open Swim 2:30 - 3:45 |
| 3:30 PM | | | | | | |
| 4:00 PM | Soccer: Level 2 (6 - 12 yrs) 6:00 - 7:00 | Zumba 6:10 - 6:55 | | Swim Lessons 4:00 - 7:00 | | |
| 4:30 PM | | | | | | |
| 5:00 PM | Pickleball 7:15 - 9:45 | Yoga 7:15 - 8:15 | | AquaFit 7:00 - 7:45 | | Public Open Swim 7:00 - 9:00 |
| 5:30 PM | | | | | | |
| 6:00 PM | | | | Public Open Swim / Lane Swim (2) 8:00 - 9:00 | | |
| 6:30 PM | | | | | | |
| 7:00 PM | | | | | | |
| 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 | Healthy Hearts 8:00 - 9:20 | CycleFit 9:30 - 10:15 | Queenax 8:45 - 9:30 (Fitness Centre) | AquaFit 9:00 - 9:45 | | |
| 9:00 AM | | | | | | |
| 9:30 AM | Pickleball 11:00 - 1:30 | Healthy Hearts 10:40 - 12:00 | | Hydrotherapy 10:00 - 10:45 | | |
| 10:00 AM | | | | | | |
| 10:30 AM | Open Gym 1:45 - 3:00 | Chair Yoga 11:15 - 12:00 | | Member Open Swim / Lane Swim (2) 11:00 - 12:00 | | Member Open Swim 11:00 - 12:00 |
| 11:00 AM | | | | | | |
| 11:30 AM | Sports - Skills & Drills (6 - 12 yrs) 3:30 - 4:30 | Optimal Fitness 1:30 - 2:30 | | Aquatic Leadership Course 12:00 - 1:00 | | |
| 12:00 PM | | | | | | |
| 12:30 PM | Basketball: Level 3 (6 - 12 yrs) 4:45 - 5:45 | Fit for Function 3:00 - 4:00 | Back to Living Well (Education Session) 4:15 - 4:45 | Aquatic Leadership Course 1:00 - 2:30 | | |
| 1:00 PM | | | | | | |
| 1:30 PM | Soccer: Level 3 (6 - 12 yrs) 6:00 - 7:00 | Back to Living Well 4:45 - 5:30 | | Public Lane Swim (2) 1:00 - 2:30 | | |
| 2:00 PM | | | | | | |
| 2:30 PM | Member Basketball 7:15 - 9:45 | CycleFit 5:45 - 6:30 | | Public Open Swim / Lane Swim (2) 2:30 - 3:45 | | Public Open Swim 2:30 - 3:45 |
| 3:00 PM | | | | | | |
| 3:30 PM | | | | Swim Lessons 4:00 - 7:00 | | |
| 4:00 PM | | | | | | |
| 4:30 PM | | | | AquaFit 7:00 - 7:45 | | Member Open Swim 7:00 - 9:00 |
| 5:00 PM | | | | | | |
| 5:30 PM | | | | Member Open Swim / Lane Swim (2) 8:00 - 9:00 | | |
| 6:00 PM | | | | | | |
| 6:30 PM | | | | | | |
| 7:00 PM | | | | | | |
| 7:30 PM | | | | | | |
| 8:00 PM | | | | | | |
| 8:30 PM | | | | | | |
| 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

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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 | | | | | 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 | Open Gym 10:15 - 12:45 | | | Public Open Swim / Lane Swim (2) 10:00 - 12:00 | Public Open Swim 10:00 - 12:00 | |
| 10:30 AM | | | | | | |
| 11:00 AM | | | Pilates 11:15 - 12:00 | | | |
| 11:30 AM | | | | | | |
| 12:00 PM | | | | | Aquatic Leadership Course 12:00 - 1:00 | |
| 12:30 PM | | | | | | |
| 1:00 PM | Pickleball 1:00 - 3:00 | GentleFit 1:00 - 1:45 | | Aquatic Leadership Course 1:00 - 2:30 | | |
| 1:30 PM | | | | | | |
| 2:00 PM | | | Optimal Fitness 2:00 - 3:00 | | Member Lane Swim (2) 1:00 - 2:30 | |
| 2:30 PM | | | | | | |
| 3:00 PM | Open Gym 3:15 - 5:45 | | | Member Open Swim / Lane Swim (2) 2:30 - 3:45 | Member Open Swim 2:30 - 3:45 | |
| 3:30 PM | | | | | | |
| 4:00 PM | | | | | Swim Lessons 4:00 - 7:00 | |
| 4:30 PM | | | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | | Yoga 5:45 - 6:45 | | | | |
| 6:00 PM | Member Basketball 6:00 - 9:45 | | | Adult Swim Lessons 6:55 - 7:25 | Public Open Swim 7:00 - 9:00 | |
| 6:30 PM | | | | | | |
| 7:00 PM | | | | | | |
| 7:30 PM | | | | | Public Open Swim 7:30 - 9:00 | |
| 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 | HIIT 8:15 - 9:00 | | | Member Lane Swim 8:00 - 8:45 | | |
| 8:30 AM | | | | | | |
| 9:00 AM | | CycleFit 9:15 - 10:00 | | Swim Lessons 9:00 - 12:30 | | |
| 9:30 AM | Basketball: Level 1 (6 - 12 yrs) 9:30 - 10:30 | | | | | |
| 10:00 AM | | | | | | |
| 10:30 AM | Sports Adventure (3 - 5 yrs) 10:45 - 11:30 | Yoga 10:45 - 11:45 | ArtVenture (6 - 12 yrs) 10:30 - 11:30 | | | |
| 11:00 AM | | | | | | |
| 11:30 AM | Soccer: Level 1 (6 - 12 yrs) 11:45 - 12:45 | | Art Spark (3 - 5 yrs) 11:45 - 12:30 | | | |
| 12:00 PM | | | | | | |
| 12:30 PM | | | | | | |
| 1:00 PM | | | | 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 | | Birthday Party 1:00 - 4:00 | | | |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | | | |
| 3:00 PM | Open Gym 3:15 - 5:45 | | | Public Open Swim / Lane Swim (2) 2:30 - 5:00 | Public Open Swim 2:30 - 5:00 | |
| 3:30 PM | | | | | | |
| 4:00 PM | | | | | | |
| 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

Les Chater Family YMCA - Schedule at a Glance

July 1 - September 8, 2024

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 | | Swim Lessons 9:00 - 12:30 | | |
| 9:30 AM | | | | | | |
| 10:00 AM | Karate Beginner (6 - 12 yrs) 10:15 - 11:00 | | | | | |
| 10:30 AM | | | | | | |
| 11:00 AM | Karate Beginner (6 - 12 yrs) 11:15 - 12:00 | Yoga 10:45 - 11:45 | | | | |
| 11:30 AM | | | | | | |
| 12:00 PM | Karate Inter./Adv. (6 - 12 yrs) 12:15 - 1:00 | | | | | |
| 12:30 PM | | | | | | |
| 1:00 PM | Open Gym 1:15 - 3:45 | | | Member Open Swim / Lane Swim (2) 1:00 - 2:00 | Member Open Swim 1:00 - 2:00 | |
| 1:30 PM | | | | | | |
| 2:00 PM | | | | Aquatic Leadership Courses 2:00 - 6:00 | | |
| 2:30 PM | | | | | | |
| 3:00 PM | | | | | | |
| 3:30 PM | | | | | | |
| 4:00 PM | Badminton 4:00 - 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.