

# Les Chater Family YMCA - Schedule at a Glance

September 9 - November 3, 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 - 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				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	Open Gym 10:30 - 4:15	Pilates 11:15 - 12:00				
10:30 AM			Chair Yoga 12:15 - 1:00			
11:00 AM			GentleFit 1:15 - 2:00	CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45	
11:30 AM			GERAS Dance 2:15 - 3:00			
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		STEAM (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	STEAM (3 - 5 yrs) 6:00 - 6:45			
6:00 PM		Zumba 6:45 - 7:30				
6:30 PM						
7:00 PM	Badminton 7:00 - 9:45			Adult Swim Lessons 6:55 - 7:25		
7:30 PM			ViPR PRO 7:45 - 8:30			Public Open Swim 7:00 - 9:00
8:00 PM					Public Open Swim / Lane Swim (2) 7:30 - 9:00	
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			
7:00 AM					Public Lane Swim 6:00 - 8:45	
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			Zumba Gold 11:00 - 11:45	Queenax 10:30 - 11:15 (Fitness Centre)	Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
10:00 AM			Healthy Hearts 10:40 - 12:00			
10:30 AM			Optimal Fitness (Group B) 12:15 - 1:15			
11:00 AM	Pickleball 11:00 - 1:30	Optimal Fitness (Group C) 1:30 - 2:30		Public Lane Swim 1:00 - 3:45		
11:30 AM		Fit for Function 3:00 - 4:00				
12:00 PM	Open Gym 1:45 - 4:15	Back to Living Well 4:00 - 5:00				
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
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				AquaFit 7:00 - 7:45		
7:30 PM	Member Basketball 7:00 - 9:45					
8:00 PM					Member Open Swim 7:00 - 9:00	
8:30 PM					Member Open Swim / Lane Swim (2) 8:00 - 9:00	
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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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					
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					
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 D) 2:00 - 3:00		Swim Lessons 4:00 - 7:00	
2:30 PM		Optimal Fitness (Group A) 3:15 - 4:15			
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Basketball: Level 2 (6 - 12 yrs) 4:45 - 5:45	ViPR Pro 5:15 - 6:00	ArtSpark (3 - 5 yrs) 5:00 - 5:45		
5:00 PM					
5:30 PM	Soccer: Level 2 (6 - 12 yrs) 6:00 - 7:00	Zumba 6:10 - 6:55	ArtVentures (6 - 12 yrs) 6:00 - 7:00		
6:00 PM					
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	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					
10:00 AM					
10:30 AM	Pickleball 11:00 - 1:30	Healthy Hearts 10:40 - 12:00		Hydrotherapy 10:00 - 10:45	
11:00 AM					
11:30 AM	Open Gym 1:45 - 4:15	Chair Yoga 11:15 - 12:00	Back to Living Well (Education Session) 4:15 - 4:45	Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
12:00 PM					
12:30 PM		Optimal Fitness (Group B) 12:15 - 1:15		Fit for Function 3:00 - 4:00	Public Lane Swim 1:00 - 2:30
1:00 PM					
1:30 PM		Optimal Fitness (Group C) 1:30 - 2:30		Back to Living Well 4:45 - 5:30	Public Open Swim / Lane Swim (2) 2:30 - 3:45
2:00 PM					
2:30 PM					
3:00 PM	Volleyball: Level 1 (6 - 12 yrs) 4:45 - 5:45	CycleFit 5:45 - 6:30	Dance (3 - 5 yrs) 4:45 - 5:30	Swim Lessons 4:00 - 7:00	
3:30 PM					
4:00 PM					
4:30 PM	Volleyball: Level 2/3 (8 - 12 yrs) 6:00 - 7:00	CoreExpress 6:40 - 7:10	Dance (6 - 12 yrs) 5:45 - 6:30		
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM	Member Basketball 7:15 - 9:45			AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
7:30 PM					
8:00 PM					
8:30 PM				Member Open Swim / Lane Swim (2) 8:00 - 9:00	
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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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					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM	Strength & Conditioning 9:15 - 10:00	BodyFit 9:15 - 10:00		AquaFit 7:00 - 7:45	
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM	Balance + 11:15 - 12:15	Pilates 11:15 - 12:00		Member Open Swim 8:00 - 8:55	Public Open Swim / Lane Swim (2) 10:00 - 12:00
11:30 AM					
12:00 PM					
12:30 PM	Open Gym 12:30 - 4:00	GERAS Dance 12:15 - 1:00	CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45	
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 3 (6 - 12 yrs) 4:30 - 5:30		Youth Leadership Development (10 - 16 yrs) 5:30 - 7:30	Swim Lessons 4:00 - 7:00	
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM	Youth Leadership Development (10 - 16 yrs) 6:45 - 7:30			Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 9:00
7:00 PM					
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					
9:30 AM	Open Gym 9:15 - 10:15	CycleFit 9:15 - 10:00		Swim Lessons 9:00 - 12:30	
10:00 AM					
10:30 AM	Sports Adventure (3 - 5 yrs) 10:30 - 11:15	Yoga 10:45 - 11:45	Discovery Lab (6 - 12 yrs) 10:30 - 11:30		
11:00 AM					
11:30 AM	Dodgeball (8 - 12 yrs) 11:30 - 12:30		Explorers (3 - 5 yrs) 11:45 - 12:30		
12:00 PM					
12:30 PM					
1:00 PM	Birthday Party 1:30 - 3:00		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					
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

## September 9 - November 3, 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	TRX 10:00 - 10:30			
10:30 AM					
11:00 AM	Karate Inter./Adv. (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	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					
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
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### 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.