

# Les Chater Family YMCA - Schedule at a Glance

January 6 - March 30, 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		STEAM (6 - 12 yrs) 4:45 - 5:45		Swim Lessons 4:00 - 7:00	
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				Adult Swim Lessons 6:55 - 7:25		
7:00 PM	Badminton 7:00 - 9:45	Yoga 7:45 - 8:45			Public Open Swim 7:00 - 9:00	
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						

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 - 11:55	Queenax 10:30 - 11:15 (Fitness Centre)		
10:30 AM			Zumba Gold 11:00 - 11:45		Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00
11:00 AM	Pickleball 11:00 - 1:30					
11:30 AM		Optimal Fitness 12:15 - 1:15				
12:00 PM						
12:30 PM						
1:00 PM				Public Lane Swim 1:00 - 3:45		
1:30 PM	Open Gym 1:45 - 4:15					
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			Swim Lessons 4:00 - 7:00	
5:00 PM						
5:30 PM	Soccer: Level 1 (6 - 12 yrs) 5:45 - 6:45	CycleFit 6:15 - 7:00				
6:00 PM						
6:30 PM		ViPR Pro 7:15 - 8:00		AquaFit 7:00 - 7:45		
7:00 PM	Member Basketball 7:00 - 9:45				Member Open Swim 7:00 - 9:00	
7:30 PM						
8:00 PM					Member Open Swim / Lane Swim (2) 7:55 - 8:55	
8:30 PM						
9:00 PM					Member Lane Swim 9:00 - 9:45	
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

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	Member Lane Swim 1:00 - 3:45		
1:00 PM	WalkFit 1:00 - 1:45				
1:30 PM					
2:00 PM	Open Gym 2:00 - 4:15	Optimal Fitness 3:15 - 4:15			
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	TRX 5:15 - 6:00	ArtSpark (3 - 5 yrs) 5:00 - 5:45	Swim Lessons 4:00 - 7:00	
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			
7:30 PM					
8:00 PM			AquaFit 7:00 - 7:45	Public Open Swim 7:00 - 9:00	
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						
9:00 AM			Queenax 8:45 - 9:30 (Fitness Centre)	AquaFit 9:00 - 9:45		
9:30 AM		CycleFit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45		
10:00 AM						
10:30 AM		Healthy Hearts 10:35 - 11:55		Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00	
11:00 AM	Pickleball 11:00 - 1:30	Chair Yoga 11:15 - 12:00				
11:30 AM						
12:00 PM						
12:30 PM		Optimal Fitness 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		
2:00 PM						
2:30 PM						
3:00 PM				Fit for Function 3:00 - 4:00	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 1 (6 - 12 yrs) 4:45 - 5:45	Back to Living Well 4:45 - 5:30				
5:00 PM						
5:30 PM	Volleyball: Level 2/3 (8 - 12 yrs) 6:00 - 7:00	CycleFit 5:45 - 6:30	Dance (6 - 12 yrs) 5:45 - 6:30			
6:00 PM						
6:30 PM						
7:00 PM	Member Basketball 7:15 - 9:45	CoreExpress 6:40 - 7:10		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00	
7:30 PM						
8:00 PM			Member Open Swim / Lane Swim (2) 7:55 - 8:55			
8:30 PM						
9:00 PM						
9:30 PM			Member Lane Swim 9:00 - 9:45			
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

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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				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		Yoga 8:00 - 9:00			
8:30 AM					
9:00 AM	Strength & Conditioning 9:15 - 10:00	BodyFit 9:15 - 10:00			
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	GentleFit 1:15 - 2:00	CanWell 1:00 - 3:00 (Fitness Centre)	Member Lane Swim 1:00 - 3:45	
1:00 PM					
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 (6 - 12 yrs) 4:30 - 5:30				
5:00 PM					
5:30 PM		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			Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 9:00
7:00 PM					
7:30 PM				Public Open Swim 7:30 - 9:00	
8:00 PM	Member Basketball 7:45 - 9:45				
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	Open Gym 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	Discovery Lab (6 - 12 yrs) 10:30 - 11:30			
11:00 AM						
11:30 AM	Dodgeball (8 - 12 yrs) 11:30 - 12:30	Zumba 12:00 - 12:45	Explorers (3 - 5 yrs) 11:45 - 12:30			
12:00 PM						
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						
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						

# Les Chater Family YMCA - Schedule at a Glance

## January 6 - March 30, 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		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		Yoga 10:45 - 11:45			
11:00 AM	Karate Inter./Adv. (6 - 12 yrs) 11:15 - 12:00				
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	Badminton 4:15 - 5:45				
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

### 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.