

# Les Chater Family YMCA - Schedule at a Glance

HOLIDAY: December 23, 2024 - January 5, 2025

Shine On

Monday, December 23 - 6am - 10pm						
	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 - 6:45			Public Open Swim / Lane Swim (2) 11:00 - 12:00	Public Open Swim 11:00 - 12:00	
11:00 AM						
11:30 AM		Pilates 11:15 - 12:00				
12:00 PM		Chair Yoga 12:15 - 1:00				
12:30 PM						
1:00 PM			GentleFit 1:15 - 2:00		Member Lane Swim 1:00 - 3:45	
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM				Member Open Swim / Lane Swim (2) 4:00 - 7:00	Member Open Swim 4:00 - 7:00	
4:30 PM						
5:00 PM						
5:30 PM		Cycle & Strength 5:30 - 6:30				
6:00 PM		Zumba 6:45 - 7:30				
6:30 PM	Badminton 7:00 - 9:45			Public Open Swim / Lane Swim (2) 7:00 - 9:00	Public Open Swim 7:00 - 9:00	
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

Tuesday, December 24 - 6am - 2pm						
	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						
9:30 AM			CycleFit 9:30 - 10:15		AquaFit 9:00 - 9:45	
10:00 AM						
10:30 AM				Queenax 10:30 - 11:15 (Fitness Centre)	Hydrotherapy 10:00 - 10:45	
11:00 AM	Pickleball 11:00 - 1:30			Member Open Swim / Lane Swim (2) 11:00 - 1:00	Member Open Swim 11:00 - 1:00	
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						

**Wednesday, December 25 - closed**

**Happy Holidays from our YMCA family to yours!**

- 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

HOLIDAY: December 23, 2024 - January 5, 2025

Shine On

Thursday, December 26 - 8am - 4pm					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM	Open Gym 8:00 - 10:45			Member Lane Swim 8:00 - 10:45	
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM	Pickleball 11:00 - 1:30			Public Open Swim / Lane Swim (2) 11:00 - 1:45	Public Open Swim 11:00 - 1:45
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM	Open Gym 1:45 - 3:45			Public Lane Swim 2:00 - 3:30	
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					

Friday, December 27 - 6am - 10pm							
	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	Strength & Conditioning 9:15 - 10:00	BodyFit 9:15 - 10:00		AquaFit 9:00 - 9:45			
9:00 AM							
9:30 AM	Open Gym 10:15 - 5:00	Pilates 11:15 - 12:00	Babysitting Course (11 - 15 yrs) 10:00 - 5:00	Public Open Swim / Lane Swim (2) 10:00 - 12:00	Public Open Swim 10:00 - 12:00		
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		Aquatic Leadership Course 12:00 - 1:00					
12:30 PM		Yoga 5:45 - 6:45				Aquatic Leadership Course 1:00 - 4:00	
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Member Open Swim / Lane Swim (2) 4:00 - 7:00			Member Lane Swim (2) 1:00 - 4:00	Member Open Swim 4:00 - 7:00		
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM	Member Basketball 5:00 - 9:45			Public Open Swim 7:00 - 9:00	Public Open Swim 7:00 - 9:00		
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

# Les Chater Family YMCA - Schedule at a Glance

HOLIDAY: December 23, 2024 - January 5, 2025

Shine On

Saturday, December 28 - 8am - 6pm					
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM	HIIT 8:15 - 9:00			Member Lane Swim 8:00 - 8:45	Aquatic Leadership Course 8:00 - 1:00
8:30 AM					
9:00 AM	Open Gym 9:15 - 5:45	CycleFit 9:15 - 10:00		Aquatic Leadership Course 9:00 - 1:00	
9:30 AM					
10:00 AM					
10:30 AM		Yoga 10:45 - 11:45			
11:00 AM					
11:30 AM					
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				Public Open Swim / Lane Swim (2) 2:30 - 5:00	Public Open Swim 2:30 - 5:00
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					

Sunday, December 29 - 8am - 6pm						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym 8:00 - 4:00			Member Lane Swim 8:00 - 8:45	Aquatic Leadership Course 8:00 - 1:00	
8:30 AM						
9:00 AM			CycleFit 9:00 - 9:45			Aquatic Leadership Course 9:00 - 1:00
9:30 AM						
10:00 AM			TRX 10:00 - 10:360			
10:30 AM						
11:00 AM			Yoga 10:45 - 11:45			
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM				Member Family Open Swim 1:00 - 2:00	Member Family Open Swim 1:00 - 2:00	
1:30 PM				Aquatic Leadership Course 2:00 - 5:00	Aquatic Leadership Course 2:00 - 5:00	
2:00 PM						
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						

# Les Chater Family YMCA - Schedule at a Glance

HOLIDAY: December 23, 2024 - January 5, 2025

Shine On

Monday, December 30 - 6am - 10pm						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00 - 9:00			Member Lane Swim 6:00 - 8:45	Aquatic Leadership Course 8:00 - 11:00	
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 - 6:45					
11:00 AM		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			Chair Yoga 12:15 - 1:00			
12:00 PM			GentleFit 1:15 - 2:00			
12:30 PM					Aquatic Leadership Course 12:00 - 1:00	
1:00 PM					Aquatic Leadership Course 1:00 - 4:00	
1:30 PM						
2:00 PM					Member Lane Swim (2) 1:00 - 4:00	
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM				Member Open Swim / Lane Swim (2) 4:00 - 7:00	Member Open Swim 4:00 - 7:00	
5:30 PM		Cycle & Strength 5:30 - 6:30				
6:00 PM		Zumba 6:45 - 7:30				
6:30 PM						
7:00 PM	Badminton 7:00 - 9:45					
7:30 PM						
8:00 PM			ViPR PRO 7:45 - 8:30			
8:30 PM					Public Open Swim / Lane Swim (2) 7:00 - 9:00	Public Open Swim 7:00 - 9:00
9:00 PM						
9:30 PM						
10:00 PM						

Tuesday, December 31 - 6am - 2pm						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00 - 10:45			Public Lane Swim 6:00 - 8:45	Aquatic Leadership Course 8:00 - 11:00	
6:30 AM						
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						
10:30 AM			Queenax 10:30 - 11:15 (Fitness Centre)			
11:00 AM	Pickleball 11:00 - 1:30			Member Open Swim 11:00 - 12:00	Member Open Swim 11:00 - 12:00	
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						

Wednesday, January 1 - 12pm - 4pm						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
12:00 PM	Open Gym 12:00 - 3:45			Public Open Swim / Lane Swim (2) 12:00 - 1:45	Public Open Swim 12:00 - 1:45	
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM					Public Lane Swim 2:00 - 3:30	
3:00 PM						
3:30 PM						
4:00 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

HOLIDAY: December 23, 2024 - January 5, 2025

Shine On

Thursday, January 2 - 6am - 10pm						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00 - 10:45			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				AquaFit 9:00 - 9:45		
9:30 AM		CycleFit 9:30 - 10:15		Hydrotherapy 10:00 - 10:45		
10:00 AM						
10:30 AM						
11:00 AM	Pickleball 11:00 - 1:30			Member Open Swim / Lane Swim (2) 11:00 - 12:00	Member Open Swim 11:00 - 12:00	
11:30 AM						
12:00 PM		Chair Yoga 11:15 - 12:00		Aquatic Leadership Course 12:00 - 1:00		
12:30 PM						
1:00 PM			Home Alone Course (10 - 13 yrs) 1:00 - 5:00	Aquatic Leadership Course 1:00 - 4:00		
1:30 PM	Open Gym 1:45 - 5:00					
2:00 PM					Member Lane Swim (2) 1:00 - 4:00	
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM				Member Open Swim / Lane Swim (2) 4:00 - 7:00	Member Open Swim 4:00 - 7:00	
5:30 PM		CycleFit 5:45 - 6:30				
6:00 PM		Core Express 6:40 - 7:15				
6:30 PM	Member Basketball 5:00 - 9:45					
7:00 PM						
7:30 PM					Public Open Swim 7:00 - 9:00	Public Open Swim 7:00 - 9:00
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

Friday, January 3 - 6am - 10pm						
	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	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 - 5:00			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		GentleFit 1:15 - 2:00	Home Alone Course (10 - 13 yrs) 1:00 - 5:00	Aquatic Leadership Course 1:00 - 4:00		
1:30 PM						
2:00 PM					Member Lane Swim (2) 1:00 - 4:00	
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM				Member Open Swim / Lane Swim (2) 4:00 - 7:00	Member Open Swim 4:00 - 7:00	
5:30 PM	Member Basketball 5:00 - 9:45	Yoga 5:45 - 6:45				
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM					Public Open Swim 7:00 - 9:00	Public Open Swim 7:00 - 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

HOLIDAY: December 23, 2024 - January 5, 2025

Shine On

Saturday, January 4 - 8am - 6pm						
	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 - 5:45	CycleFit 9:15 - 10:00		Member Open Swim / Lane Swim (2) 9:00 - 12:30		
9:30 AM						
10:00 AM						
10:30 AM		Yoga 10:45 - 11:45				
11:00 AM						
11:30 AM						
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						
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						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

Sunday, January 5 - 8am - 6pm						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym 8:00 - 4:00			Member Lane Swim 8:00 - 8:45		
8:30 AM						
9:00 AM			CycleFit 9:00 - 9:45		Aquatic Leadership Course 9:00 - 1:00	
9:30 AM						
10:00 AM			TRX 10:00 - 10:360			
10:30 AM			Yoga 10:45 - 11:45			
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM				Member Family Open Swim 1:00 - 2:00	Member Family Open Swim 1:00 - 2:00	
1:30 PM						
2:00 PM				Staff Training - Pool Closed 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						

## FACILITY HOURS

**Tuesday, December 24: 6am - 2pm**

**Wednesday, December 25: closed**

**Thursday, December 26: 8am - 4pm**

**Tuesday, December 31: 6am - 2pm**

**Wednesday, January 1: 12pm - 4pm**

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.