

Les Chater Family YMCA - Schedule at a Glance

March 31 - June 29, 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)	Member Lane Swim 1:00 - 3:45	
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM		Optimal Fitness 3:15 - 4:15				
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						
5:30 PM	Basketball: Level 1 (6 - 12 yrs) 5:45 - 6:45	Cycle & Strength 5:30 - 6:30	Brain Builders (3 - 5 yrs) 6:00 - 6:45			
6:00 PM		Zumba 6:45 - 7:30		Adult Swim Lessons 6:55 - 7:25	Public Open Swim 7:00 - 9:00	
6:30 PM		Yoga 7:45 - 8:45		Public Open Swim 7:30 - 9:00		
7:00 PM						
7:30 PM	Badminton 7:00 - 9:45					
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						
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						
12:00 PM						
12:30 PM						
1:00 PM		Optimal Fitness 12:15 - 1:15		Public Lane Swim 1:00 - 3:45		
1:30 PM	Open Gym 1:45 - 4:15	Balance + 1:30 - 2:15				
2:00 PM		Fit for Function 3:00 - 4:00				
2:30 PM			Back to Living Well 4:00 - 5:00			
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Soccer: Level 1 (3 - 5 yrs) 4:45 - 5:30		Move It (6 - 12 yrs) 4:45 - 5:45	Swim Lessons 4:00 - 7:00		
5:00 PM						
5:30 PM	Soccer: Level 1 (6 - 12 yrs) 5:45 - 6:45	Strength & Conditioning 5:15 - 6:00				
6:00 PM						
6:30 PM		CycleFit 6:15 - 7:00		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00	
7:00 PM	Member Basketball 7:00 - 9:45	VIPR Pro 7:15 - 8:00		Member Open Swim / Lane Swim (2) 7:55 - 8:55		
7:30 PM						
8:00 PM						
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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March 31 - June 29, 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 3:15 - 4:15			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 (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		Art-Ventures (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					
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 - 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 12:15 - 1:15		Public Lane Swim 1:00 - 2:30	
1:00 PM					
1:30 PM	Open Gym 1:45 - 4:15	Balance + 1:30 - 2:15		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	Back to Living Well (Education Session) 4:15 - 4:45		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	Strength & Conditioning Jr. (10 - 13 yrs) 4:30 - 5:30	Dance (3 - 5 yrs) 4:45 - 5:30		
5:00 PM					
5:30 PM	Volleyball: Level 2/3 (8 - 12 yrs) 6:00 - 7:00	Back to Living Well 4:45 - 5:30	Dance (6 - 12 yrs) 5:45 - 6:30		
6:00 PM					
6:30 PM					
7:00 PM	Member Basketball 7:15 - 9:45	CycleFit 5:45 - 6:30		AquaFit 7:00 - 7:45	Member Open Swim 7:00 - 9:00
7:30 PM					
8:00 PM					
8:30 PM			CoreExpress 6:40 - 7:10		Member Open Swim / Lane Swim (2) 7:55 - 8:55
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

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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		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						
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	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				
11:00 AM	Dodgeball (8 - 12 yrs) 11:30 - 12:30					
11:30 AM						
12:00 PM		Zumba 12:00 - 12:45				
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	Open Gym 3:15 - 5:45			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						

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

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 - 4:00 pm

(times may vary, check in branch)

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 - 5:

Must be directly supervised by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.
Maximum ratio: 2 children: 1 adult

Children ages 6 - 9:

[Unable to pass swim test] Must be accompanied by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.

Maximum ratio: 3 children: 1 adult

Maximum ratio: 6 children: 1 adult (with lifejackets)

[Able to pass swim test] Must be supervised by a parent/guardian (min. 16 years of age) in the pool area (visual contact). Can swim in both pools.

Maximum ratio: 3 children: 1 adult

Youth ages 10 - 15:

Must pass a swim test to access deep water. If they do not pass, they must stay in the shallow water.

What is the Facility Swim Test?

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

- 25-meter non-stop front swim
- 30 second tread in deep end
- Adult swim test: discretion of the lifeguard

The swim test must be demonstrated at each visit to the YMCA.

At any time, lifeguards may ask for a demonstration of participants swimming ability if they feel there is a question of the participant's safety.