

July 1, 2025

Canada Day Program Schedule

Please see below for the statutory holiday program schedule for Canada Day.

There will be no swim lessons on Tuesday, July 1, 2025.
All CYF Programs will be closed.

There will be a minimum, 10 minute set-up period for all programs.

Studio 1	Studio 2	Fitness Floor	Gym 1	Gym 2	Pool
Morning					
		Y Synrgy 9:00am – 9:45am	Open Gym (F) 7:00am – 10:00am		Public Swim 7:00am – 12:00pm
	Y Chair Yoga 9:00am – 9:45am			Indoor Family Playground Ages 0-12 10:30am – 12:00pm	AquaFit 8:15am – 9:00am
	Y Hatha Yoga 10:00am – 11:00am				AquaFit 9:15am – 10:00am
Afternoon					
			Open Gym (F) 12:00pm – 4:00pm		Public Swim 12:00pm – 4:00pm
Evening					
	Zumba 7:00pm – 8:00pm		Youth Basketball (F) Ages 10 - 18 4:00pm – 6:30pm		Public Swim 4:00pm – 8:45pm
	Y Barre 8:15 – 9:00pm		All Ages Basketball (F) Ages 10 and up 4:00pm – 6:30pm		AquaFit 7:30pm – 8:15pm
			Adult Basketball (F) Ages 18 and up 6:30pm – 8:55pm		
Schedule subject to change without notice.			gv.ymca.ca/tong-louie-family-ymca		