



Room Guide:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning / Afternoon / Evening						
Member Swim 5:30-9:00am	Member Swim 5:30-9:00am	Member Swim 5:30-9:00am	Member Swim 5:30-9:00am	Member Swim 5:30-9:00am	Member Swim 7:00-9:00am	Member Swim 7:00-9:00am
8:15 – 9:00 am Y Aquafit (25M)	8:15 – 9:00 am Y Aquafit (25M)	8:15 – 9:00 am Y Aquafit (25M)		8:15 – 9:00 am Y Aquafit (25M)	8:15 – 9:00 am Y Aquafit (25M)	
9:15 – 10:00 am Y Aquafit (25M)	9:15 – 10:00 am Y Aquafit (25M)			9:15 – 10:00 am Y Aquafit (25M)	Swim Lessons 9:00-1:30pm (LESSONS ONLY)	Swim Lessons 9:00-1:30pm (LESSONS ONLY)
Public Swim 9:00am-2:00pm	Summer Set Swim Lessons July 8-18 July 22-August 1 August 5-15 9:30-1:00pm	Summer Set Swim Lessons July 8-18 July 22-August 1 August 5-15 9:30-1:00pm	Summer Set Swim Lessons July 8-18 July 22-August 1 August 5-15 9:30-1:00pm	Summer Set Swim Lessons July 8-18 July 22-August 1 August 5-15 9:30-1:00pm	Member Swim 1:30-8:45pm	Member Swim 1:30-8:45pm
Member Swim 2:00pm-9:45pm	Public Swim 2:00pm-9:45pm	Public Swim 2:00pm-9:45pm	Public Swim 2:00pm-4:00pm	Public Swim 2:00pm-9:45pm		
Lane Swim (1 Lane) 4:00pm-8:00pm	Lane Swim (1 Lane) 4:00pm-8:00pm	Lane Swim (1 Lane) 4:00pm-8:00pm	Lane Swim (1 Lane) 4:00pm-8:00pm	Lane Swim (1 Lane) 4:00pm-8:00pm		
Swim Lessons* 4:00pm-8:00pm	Swim Lessons* 4:00pm-8:00pm	Swim Lessons* 4:00pm-8:00pm	Swim Lessons* 4:00pm-8:00pm	Swim Lessons* 4:00pm-8:00pm		
Aquafit 7:30 – 8:15pm	Aquafit 7:30 – 8:15pm	Member Swim 4:00pm-9:45pm				
Schedule subject to change without notice.				gv.ymca.ca/tong-louie-family-ymca		

Lane Swim Etiquette	Swim to the right side of the lane	When resting, please keep to the corner to allow other swimmers to use the wall	Faster swimmers must pass to the left	Choose the appropriate lane for your pace	When entering the lane, give other swimmers the right of way
Lane Swim	Monday – Friday one lane will be open during swim lessons from 4:00-8:00pm				
Age	0-7 years must be in arms reach of someone 16 years or older in the pool 8-9 years can swim independently, must have 16 years or older in the facility 10-12 years can swim independently				
Hot Tub	NO HOT TUB under 7 years Children 7 – 12 years must be within arm's reach of someone 16years or older				
Open Swim	During this time, a section of the pool will be open for any type of swimming or aquatic activity. Children of any age are welcome into the pool at this designated time. A section of the pool will be open for families with children 5 years of age and younger.				
Aquafit	This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels welcome.				
Pool Rentals	During this time allocated spaces in the pool are being used for an external booking				
Public Swim	If you or your family are coming in to swim during this time and do not have membership a drop in fee will apply				
Member Swim	If you are a member of Tong Louie YMCA this time is for you to swim in our aquatic areas				
Limited Space*	Pool is open during this time with limited space				