



Summer 2025

Tong Louie Family YMCA

Aquatics Schedule

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 | | | | | | |

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|---------------------|---|---|---------------------------------------|---|--|
| 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 | | | | |