

October 13, 2025

Thanksgiving Day Program Schedule

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

There will be no swim lessons on Monday, Oct 13, 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 Cyclefit 8:15am – 9:00am	MOSSA Group Power 9:15am – 10:15am		Open Gym (F) 7:00am – 9:00am	Public Swim 7:00am – 6:45pm *NO SWIM LESSONS*	
	Y Hatha Yoga 10:30am – 11:30am		Y Cardio Strength 9:15am – 10:15am		
Afternoon/Evening					
	MOSSA Group Power 5:30pm – 6:30pm		Open Gym 12:30pm – 4:00pm	Public Swim 7:00am – 6:45pm *NO SWIM LESSONS*	
	Zumba 8:00pm – 9:00pm		All Ages Basketball Ages 10 and up 4:00pm – 6:30pm		
			Badminton(F) Ages 10 and up 6:30pm – 8:55pm		
Schedule subject to change without notice.			gv.ymca.ca/tong-louie-family-ymca		