

Room Guide:

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|--|--|---|
| Morning /Afternoon / Evening | | | | | | |
| Member Swim 5:30-9:00am | Member Swim 5:30-2:00pm | Member Swim 5:30-2:00pm <small>(Starting February School board lessons 9 -11am)</small> | Member Swim 5:30-2:00pm <small>(Starting February School board lessons 9 -12pm)</small> | Member Swim 5:30-9:00am | Member Swim 7:00-9:00am | Member Swim 7:00-9:00am |
| Y Aquafit (25M) 8:15 – 9:00 am | Y Aquafit (25M) 8:15 – 9:00 am | Y Aquafit (25M) 8:15 – 9:00 am | Swim Lessons 10:30-12:00pm | Y Aquafit (25M) 8:15 – 9:00 am | Swim Lessons (LESSONS ONLY) 9:00-1:30pm | Swim Lessons (LESSONS ONLY) 9:00-1:30pm |
| Y Aquafit (25M) 9:15 –10:00am | Y Aquafit (25M) 9:15 – 10:00am | Swim Lessons 10:30-12:00pm | Public Swim 2:00pm-9:45pm | Y Aquafit (25M) 9:15 – 10:00am | Member Swim 1:30-8:45pm | Member Swim 1:30-8:45pm |
| Public Swim 9:00am-2:00pm | Public Swim 2:00pm-9:45pm | Member Swim 2:00pm-9:45pm | Lane Swim (1 Lane) 4:00pm-8:00pm | Public Swim 10:00-4:00pm | Pool Rental Oct 18 - Dec 13 2:15-5:15pm | |
| Member Swim 2:00pm-9:45pm | Lane Swim (1 Lane) 4:00pm-8:00pm | Lane Swim (1Lane) 4:00pm-8:00pm | Swim Lessons* 4:00pm-8:00pm | Member Swim 2:00pm-9:45pm | | |
| Lane Swim (1 Lane) 4:00pm-8:00pm | Swim Lessons* 4:00pm-8:00pm | Swim Lessons* 4:00pm-8:00pm | | Lane Swim (1 Lane) 4:00pm-8:00pm | | |
| Swim Lessons* 4:00pm-8:00pm | Aquafit 7:30 – 8:15pm | Member Swim 4:00pm-9:45pm | | Swim Lessons* 4:00pm-8:00pm | | |
| Aquafit 7:30 – 8:15pm | | | | | | |
| 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 | | | | |