

February 16, 2026

## Family Day Program Schedule

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

There will be no swim lessons on Monday, February 16, 2026.  
All Child, Youth and Family Programs will be closed.

BRANCH HOURS: 7am – 9:00pm

POOL HOURS: 7am – 8:45pm

Studio 1	Studio 2	Fitness Floor	Gym 1	Gym 2	Pool
<b>Morning</b>					
<b>Y Cyclefit</b> 9:15am – 10:00am	<b>Group Power</b> 8:00am – 9:00am		<b>Y Strength</b> 9:15am – 10:15am		<b>Public Swim</b> 7:00am – 8:45pm *NO SWIM LESSONS*
<b>Y Hatha Yoga</b> 10:30am – 11:30am	<b>Cardio Strength</b> 9:15am – 10:15am		<b>Family Day Playground (F)</b> 10:30am – 1:30pm <b>Rockwall and more!</b>		<b>Y Aquafit</b> 8:30am – 9:15am
<b>Afternoon/Evening</b>					
			<b>Open Gym</b> 2:00pm – 4:00pm		
			<b>All Ages Basketball</b> Ages 10 and up 4:00pm – 5:00pm		
			<b>Group Power</b> 5:30pm – 6:30pm		
			<b>Badminton(F)</b> Ages 10 and up 7:00pm – 8:55pm		
<b>Schedule subject to change without notice.</b>			<b><a href="http://gv.ymca.ca/tong-louie-family-ymca">gv.ymca.ca/tong-louie-family-ymca</a></b>		