

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