



Room Guide:

| MONDAY  | TUESDAY                                | WEDNESDAY  | THURSDAY   | FRIDAY                                 | SATURDAY                                      | SUNDAY  |
|---|--|--|--|--|---|---|
| Morning /Afternoon / Evening  |  |  |  |  |   |   |
| Member Swim<br>5:30-9:00am  | Member Swim<br>5:30-2:00pm             | Member Swim<br>5:30-2:00pm<br><br>(School board lessons 9 –11am)<br>(1 Lane) | Member Swim<br>5:30-2:00pm<br><br>(School board lessons 9 -12pm)<br>(1 Lane) | Member Swim<br>5:30-9:00am             | Member Swim<br>7:00-9:00am                    | Member Swim<br>7:00-9:00am                    |
| Y Aquafit (25M)<br>8:15 – 9:00 am   | Y Aquafit (25M)<br>8:15 – 9:00 am      | Y Aquafit (25M)<br>8:15 – 9:00 am  | Swim Lessons<br>10:30-12:00pm  | Y Aquafit (25M)<br>8:15 – 9:00 am      | Swim Lessons<br>9:00-1:30pm<br>(LESSONS ONLY) | Swim Lessons<br>9:00-1:30pm<br>(LESSONS ONLY) |
| Y Aquafit (25M)<br>9:15 –10:00am  | Y Aquafit (25M)<br>9:15 – 10:00am      | Swim Lessons<br>10:30-12:00pm  | Public Swim<br>2:00pm-9:45pm   | Y Aquafit (25M)<br>9:15 – 10:00am      | Member Swim<br>1:30-8:45pm                    | Member Swim<br>1:30-8:45pm                    |
| Public Swim<br>9:00am-2:00pm  | Public Swim<br>2:00pm-9:45pm           | Member Swim<br>2:00pm-9:45pm   | Lane Swim<br>(1 Lane)<br>4:00pm-8:00pm                                       | Public Swim<br>10:00-4:00pm            | Pool Rental<br>Oct 18 - Dec 13<br>2:15-5:15pm |   |
| Member Swim<br>2:00pm-9:45pm  | Lane Swim<br>(1 Lane)<br>4:00pm-8:00pm | Lane Swim<br>(1Lane)<br>4:00pm-8:00pm  | Swim Lessons*<br>4:00pm-8:00pm   | Member Swim<br>2:00pm-9:45pm           |   |   |
| Lane Swim<br>(1 Lane)<br>4:00pm-8:00pm  | Swim Lessons*<br>4:00pm-8:00pm         | Swim Lessons*<br>4:00pm-8:00pm   |  | Lane Swim<br>(1 Lane)<br>4:00pm-8:00pm |   |   |
| Swim Lessons*<br>4:00pm-8:00pm  | Aquafit<br>7:30 – 8:15pm               | Member Swim<br>4:00pm-9:45pm   |  | Swim Lessons*<br>4:00pm-8:00pm         |   |   |
| Aquafit<br>7:30 – 8:15pm  |  |  |  |  |   |   |
| Schedule subject to change without notice. <a href="http://gv.ymca.ca/tong-louie-family-ymca">gv.ymca.ca/tong-louie-family-ymca</a> |  |  |  |  |   |   |

|                     |   |   |                                       |   |  |
|---------------------|---|---|---------------------------------------|---|--|
| 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<br>8-9 years can swim independently, must have 16 years or older in the facility<br>10-12 years can swim independently   |   |                                       |   |  |
| Hot Tub             | NO HOT TUB under 7 years<br>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  |   |                                       |   |  |