

Friday April 03, 2026

Easter weekend Program Schedule

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

There will be no swim lessons on Friday, April 03, 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 8:00am – 08:45am | Y Hatha Yoga 08:00am – 09:00am | Fitness Orientation 07:00am – 07:45am | Y Strength 9:15am – 10:15am | | Public Swim 7:00am – 8:45pm *NO SWIM LESSONS* |
| | Y Step 9:15am – 10:15am | | | | Y Aquafit 8:15am – 9:00am |
| | | | | | Y Aquafit 9:15am – 10:00am |
| Afternoon/Evening | | | | | |
| | Zumba Toning 6:45pm – 7:30pm | | | | |
| Schedule subject to change without notice. | | | gv.ymca.ca/tong-louie-family-ymca | | |

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

There will be no swim lessons on Monday, April 06, 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 8:00am – 8:45am | Y Strength 8:00am – 9:00am | | Y Strength 9:15am – 10:15am | | Public Swim 7:00am – 8:45pm <i>*NO SWIM LESSONS*</i> |
| | Cardio Strength 09:15am – 10:15am | | | | Y Aquafit 8:30am – 9:15am |
| | Hatha Yoga 10:30am – 11:30am | | | | |
| Afternoon/Evening | | | | | |
| | Group Power 05:30pm – 06:30pm | | | | |
| | Y Step 06:45pm – 07:45pm | | | | |
| Schedule subject to change without notice. | | | gv.ymca.ca/tong-louie-family-ymca | | |